

Advanced Workout for May 7, 2026

2,600 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

2 x 50yd Freestyle easy, rest 15 seconds after each 50yds

2 x 50yd Backstroke easy, rest 15 seconds after each 50yds

2 x 50yd Freestyle easy, rest 15 seconds after each 50yds

2 x 50yd Breaststroke easy, rest 15 seconds after each 50yds

BUILD UP

3 x 100yd Freestyle (even pace), rest 15 seconds after each 100yds

6 x 50yd Any stroke but not freestyle, rest 15 seconds after each 50yds

- Swim either backstroke, breaststroke or butterfly

CORE

6 x 100yd Backstroke Swim even pace, rest 15 seconds after each 100yds

8 x 100yd Freestyle swim even pace, rest 15 seconds after each 100yds

COOL DOWN

4 x 50yd Breaststroke easy pace, rest 15 seconds after each 50yds