

Advanced Workout for May 14, 2026

2,400 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP (REPEAT TWICE)

1 x 50yd Freestyle even pace, rest 15 seconds after each 100yds

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

BUILD UP (REPEAT SIX TIMES)

1 x 50yd Freestyle Drill, rest 10 seconds after each 50yds

- Freestyle drill where one arm catches up to the other between strokes. Both arms start stretched out in front. One arm completes a full stroke and returns to the stretched out in front position. Then the other arm completes a full stroke and returns to the stretched out in front position. Or do the catch-up drill using the kick board.

1 x 50yd Streamline kicking, rest 10 seconds after each 50yds

- Freestyle kick with arms held out in front in a streamlined position. Fingers overlap with one thumb lightly gripping the opposite hand. Lift your chin above the water to breath without turning your head.

CORE

6 x 100yd freestyle swim, rest 20 seconds after each 100yds

6 x 50yd Breaststroke swim, rest 20 seconds after each 50yds

4 x 100yd Backstroke swim, rest 20 seconds after each 100yds

COOL DOWN

2 x 50yd Freestyle push and glide, rest 15 seconds after each 50yds

- Freestyle swim pausing at the end of every stroke with arm stretched out in front whilst the other is held loosely against your hip

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