

Advanced Workout for May 21, 2026

2,600 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP (REPEAT FOUR TIMES)

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

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

BUILD UP (REPEAT SIX TIMES)

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

1 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

CORE

5 x 100yd freestyle swim, rest 15 seconds after each 100yds

8 x 50yd Breaststroke swim, rest 10 seconds after each 50yds

5 x 100yd Choice swim, rest 15 seconds after each 100yds

- Swim your choice of stroke for each 100yds

COOL DOWN

2 x 100yd Breaststroke easy, rest 20 seconds after each 100 yds