

Advanced Workout for May 28, 2026

2,300 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

2 x 200yd Any stroke even pace, rest 20 seconds after each 200yds

- Swim your choice of stroke at a steady, consistent pace.

BUILD UP

6 x 100yd Freestyle even pace, rest 20 seconds after each 100yds

CORE

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

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

4 x 100yd Individual medley swim, rest 15 seconds after each 100yds

- Swim 100yds of each stroke in individual medley order (Butterfly, backstroke, breaststroke, freestyle)

COOL DOWN

1 x 100yd Freestyle push and glide, rest 20 seconds after 100yds

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

1 x 100 Freestyle easy, rest 20 seconds after 100yds