

Team Workout for February 26, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

4 x 50yd, freestyle

50yd w/pull buoy

4 x 50yd, backstroke

50yd w/pull buoy

4 x 50yd, breaststroke

50yd w/pull buoy

50yd, swimmer's choice

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick