

# Team Workout for March 3, 2026

## 1,000 Yards



**RALEIGH RACERS**  
Special Olympics Wake County Swim Team

### WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

50yd, swimmer's choice

4 x 25yd, pull buoy

4 x 25yd, kickboard

4 x 25yd, freestyle

4 x 25yd, pull buoy

4 x 25yd, kickboard

4 x 25yd, freestyle

50yd, swimmer's choice

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick