

Team Workout for March 5, 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

8 x 25yd, push-off and streamline for distance;
swim the rest of the 25yd freestyle once you come to a stop.

4 x 50yd, freestyle; tread water for 30 seconds before starting another 50yd

4 x 25yd, pull buoy

4 x 25yd, freestyle

100yd, IM or swimmer's choice

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick