

Team Workout for March 10, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN PYRAMID SET

50yd, swimmer's choice; rest 30 seconds

100yd, swimmer's choice; rest 45 seconds

150yd, swimmer's choice; rest 60 seconds

200yd, swimmer's choice; rest 90 seconds

150yd, swimmer's choice; rest 60 seconds

100yd, swimmer's choice; rest 45 seconds

50yd, swimmer's choice; rest 30 seconds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick