

Team Workout for March 12, 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

10 x 50yd, kickboard sprints; rest 30 seconds after every 50yd

4 x 50yd, freestyle w/pull buoy; rest 30 seconds after every 50 yd

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick