

Team Workout for March 24, 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

100yd freestyle

4 x 50yd freestyle, 45 seconds rest after every 50yds

4 x 50yd free, 30 seconds rest after every 50yds

8 x 25yd free, 15 seconds rest after every 25yds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick