

# Team Workout for March 26, 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

200yd any stroke

100yd freestyle w/pull buoy

100yd kickboard fast

6 x 50yd freestyle, 30 second rest after every 50yds

## COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick