

Team Workout for April 7, 2026

900 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

12 x 25yd freestyle, 5 seconds rest after every 25yds

4 x 25yd any stroke, 15 seconds rest after every 25yds

2 x 50yd freestyle w/pull buoy, 15 seconds rest after every 50yds

1 x 100yd IM or any stroke

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick