

DRYLAND PRE-POOL WARM UP

WHY DO PRE-POOL?

1. Wakes up Mind—Body connection to enhance coordination
2. Increases blood flow to active muscle groups
3. Improves reaction times
4. Lowers viscous resistance in muscles

WHAT IS AN RMAP PRE-POOL WARM UP?

4 PART WARM UP:

1. RAISE
2. MOBILISE
3. ACTIVATE
4. PRIME

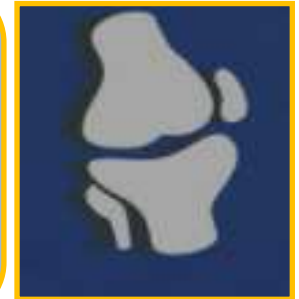
RAISE — WHATS THE POINT?

- Raise heart rate (50-70% of Max HR)
- Increase muscle temperature ready for dynamic stretching
- Improves blood flow



MOBILISE — WHATS THE POINT?

- Focus around movement skills — mobilise key joints and ranges of motion used in swimming
- Involves exercises associated with pre-habitation
- low intensity rotational exercises helping to lubricate joints and reduce



ACTIVATION — WHATS THE POINT?

- Activation is a combination of joint and muscular exercises
- Improves proprioception—the body's ability to sense movement, action and location



PRIME — WHATS THE POINT?

- Increases strength & power
- Maximal intensity exercises preparing you to perform



RAISE

3 MINUTES — — 3 EXERCISES

- SKIPPING
- MARCHING JOG
- STAR JUMPS
- CLIMB THE LADDER
- JUMPING JACKS

MOBILISE

5 MINUTES

- ARM SWINGS (FORWARDS & BACK) — — 10 REPS
- SHOULDER TOUCHES — — 20 REPS
- LEG RAISES — — 10 REPS EACH SIDE
- LUNGES — — 10 REPS EACH SIDE
- 3 POINT ROTATIONS — — 10 EACH SIDE
- MOUNTAIN CLIMBER STRETCHES — — 10 REPS
- SQUATS — — 10 REPS
- SCAPULA DIPS — — 10 REPS
- SHOULDER ROTATIONS — — 10 UP, 10 DOWN

ACTIVATION

6 MINUTES

- SUPERMANS — — 10 REPS EACH SIDE
- GLUTE BRIDGES — — 10 REPS
- Single leg glute bridges — — 10 REPS EACH SIDE
- I'S / Y'S / T'S — — 10 REPS OF EACH
- Lunge to rotation — — 10 REPS EACH SIDE
- Reverse lunges — — 20 REPS (SWITCH LEG PER REP)
- Walk outs — — 5 REPS
- Mountain climbers — — 20 EACH SIDE
- Side planks — — 10 SECS ON, 10 SECS OFF (3X)

PRIME

4 MINUTES

- POWER PUSH UP — — 5 REPS
- BURPEE TO STREAMLINE — — 5 REPS
- SINGLE LEG SQUAT JUMP — — 5 EACH SIDE
- JUMPING LUNGES — — 5 EACH SIDE

MEET WARM UP

2 x 200 FC @ 0:20 R

- Steady speed, build in 25's
- Tight Streamlines off the walls
- Fast Transition kick
- 2 strokes before breathing out of turns

3 x 50 BK @ 0:15 R

- 10m fly kick under water off the turn + Fast transition
- Spot turn, check SC

2 x 150 IM / FC @ 0:20 R

- 50 back-breast, 100 Front crawl
- Practice back-breast turn at race Spd, rev. build FC

2 x 75 BK @ 0:20 R

- 1st Turn - 5m in 10m out @ race speed
- Keep Transition kick effective throughout

DIVES - 2 x 25 No.1 Stroke

- **Sprint to 15m, 10m rev. build**
- **No more than 2!!!**

1 x 200m Choice Swim

- Reverse build

MEET SWIM DOWN

50 / 100m RACES: 3 ROUNDS — 24-30 MINS

200 / 400m RACES: 2 ROUNDS — 16-20 MINS

400m+ RACES: 1 ROUNDS — 8-10 MINS

REDUCE INTENSITY EACH ROUND

1 x 150 On stroke @ 0:20R

- Rev. Build
- Enhance SL
- Phase kick out in 25's

1 X 75 Rev. Build off stroke @ 0:15R

- Avoid Br
- Maintain turn race skills at low intensity
- Exaggerate Stroke Length

1 x 75 FC / BK Kick @ 1:00R

- Odd rounds FC Kick
- Even rounds BK Kick
- 20m Spike off start

POST RACE STRATEGY

RACE COMPLETED

200m FLUSH

SPEAK TO COACH FOR FEEDBACK

**SUPPLIMENT
OR SWIM
DOWN?**

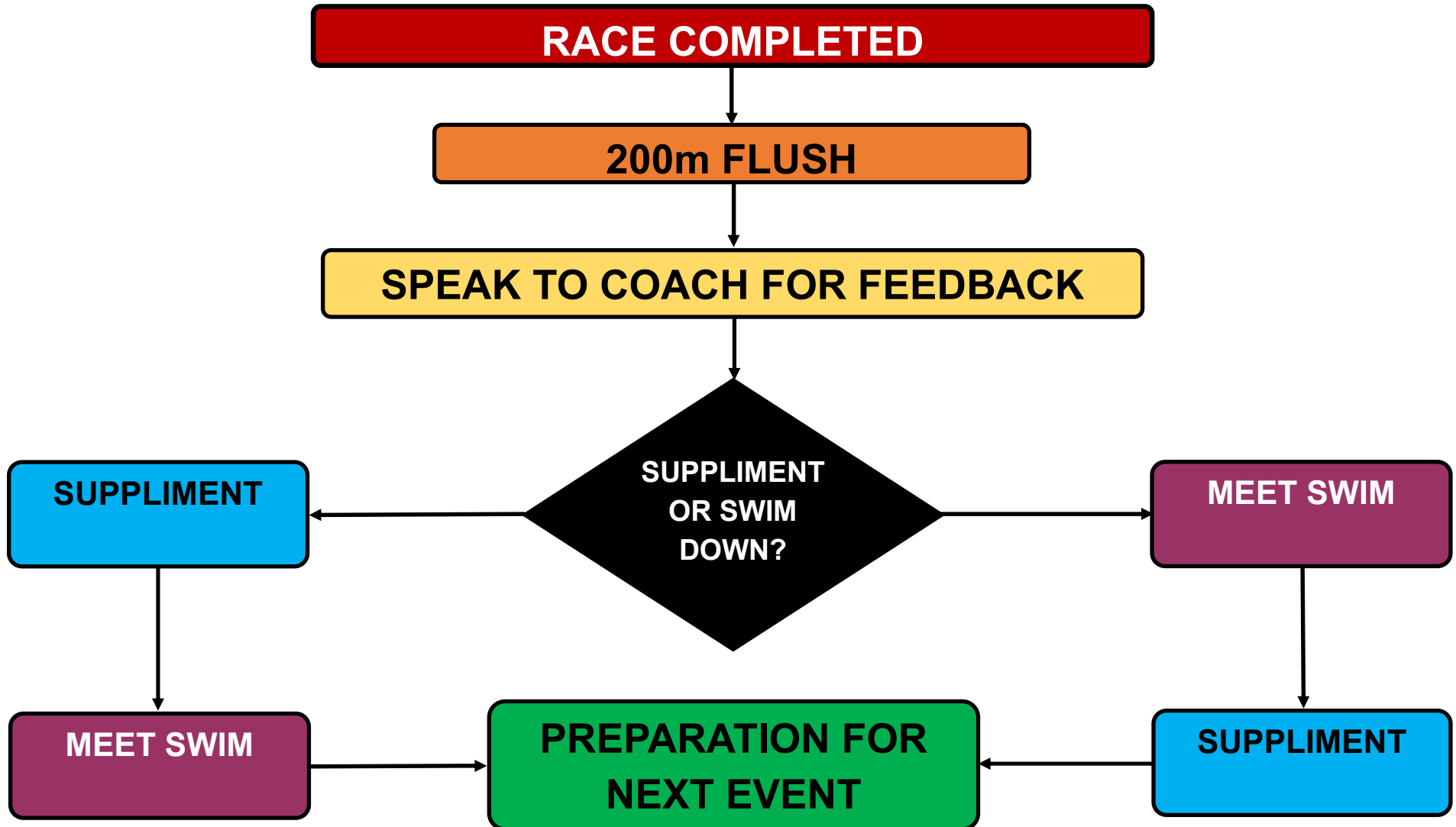
SUPPLIMENT

MEET SWIM

MEET SWIM

**PREPARATION FOR
NEXT EVENT**

SUPPLIMENT



POST RACE STRATEGY — PART 1

WHY IS IT IMPORTANT?

What you do after the race is probably as important as the preparation for the race and the actual race itself. The same amount of time and effort that you put into the race strategy should be put into the post race strategy. Using the acronym **POST** can help you build a post-race strategy that will benefit you time and time again for each and

PROCESS — Take the time to process the race while it is fresh in your mind, speak to your coach— they'll tell you what was good & things to improve in training.

DO's

- Focus on the entire swim including the time
- Always understand that there's more to improve in the training pool

DON'Ts

- Don't Focus on the time alone— sometimes times don't reflect good swims!

OXEGENATE — Swim Down and Stretch to get oxygen back to the muscles. This prepares you for the next event.

DO's

- Before getting feedback from the coach, go into swim down pool for a 200m easy swim — initiates Lactate flushing & improves blood flow
- Light dynamic stretching as part of your cool down.

DON'Ts

- Don't sit or lay down before completing swim down.

SUPPLIMENT— Eat and drink to supplement the lost fuel and begin repair of muscles.

DO's

- Eat a high-carb /moderate-protein snack (low in fat) immediately after returning from your 200m flush or after your cooldown.
- Aim for 1.2-1.5 g of carbohydrate and .25-.4 g or protein per kg of body weight

DON'Ts

- Don't eat junk food—you'll sink!

TRAIN — Use the Race corrections & feedback from your coach during training to improve for the next time you race.

DO's

- Ask your coach to observe your swimming to see if you are correctly implementing the corrections.
- Train to improve the next time you swim — your training reflects on race day!

DON'Ts

- Ignore the corrections—if you do the feedback was pointless!
- Train just for exercise

POST RACE STRATEGY — PART 2

RACE COMPLETED

200m FLUSH

- Keeps blood flow high
- Begins the recovery process
- Allows the mind to reset & refocus
- Gives you time to reflect on how the race went

SPEAK TO COACH FOR FEEDBACK

- Can provide you with constructive criticism to help you improve
- Helps you link back to your performance related goals

SUPPLEMENT SNACK

- Replenishes energy stores (glucose & fat) - makes sure you're energised for the next
- Helps muscles rebuild & repair
- Replaces lost electrolytes

MEET SWIM DOWN

- Full range of motion pumps more blood through muscles — improves lactate oxidation and helps bring HR to resting
- Good blood flow helps the body turn lactate into energy



3 point rotation



Lunges



Mountain Climbers



Shoulder Rotations



Lunge to Rotation



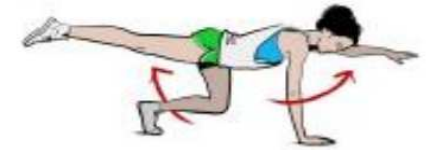
Squats



Glute Bridge



Wall Press Up



Superman
(Cyril the Squirrel)



Squat jumps
to streamline



Burpees to Streamline