



Competition Warm Up

Dry-Side Mobility

Your land warm-up should include:

1. Skipping, running and/or jumping (make sure you wear trainers) for a minimum of 10 x 30sec (Rest 15s)
2. A variety of arm swinging exercises followed by stretching before you enter the pool.

The coach can delegate a swimmer to lead the dry-side warm up.

Pool Warm Up

The warm ups are for 25-30mins. If the competition does not provide this amount of time, please seek advice from the coach.

Swim Down Protocol

Swimming down after each race is a vital recovery tool. If this is not performed correctly then after numerous races the body will become fatigued and times will inevitably slow down over a weekend.

The following steps should help a quick and full recovery:

1. Report to the swim down pool as quickly as possible without getting feedback from coaching staff
2. Take a drink bottle and snack with you to swim down pool.
(Replacement fluid/food should be taken immediately and at every opportunity throughout the swim down)
3. If there is no swim down facility stretch in the showers

Racing Suits

These are not only designed to act like a skin and reduce drag when racing, they also compress the muscles to reduce fatigue (more so in Youth & Senior swimmers). Therefore it is important **not** to warm up in your racing suit and if there is time, to take the suit off between races to allow the muscles to recover.

As stated Age Group swimmers will suffer less fatigue than Youth & Senior, but it is vital it does not become habit to sit around in your racing suit all day!



Warm Ups

50m/100m Events

1. 800 as 100 FS - 100 BK Hold High Skill Level
2. 200 No 1 Kick
3. 8 x 50 No1 as 1 + 2 Drill
3 + 4 Dr – Sw on 60/70
5 + 6 S.C.
7 + 8 SW as (Max Break-out – Easy – Final 10m Max to Turn/Finish)
4. 100m 2/3 x 25 From a Start (In 25m fs + bk to feet)
50m 2/3 x 15m From a Start (15 Max - 10 Easy) Opening speed
5. 100/200 Rec

200m Freestyle / Backstroke/ Butterfly/ Breaststroke

1. 800 as 100 FS - 100 BK Hold High Skill Level
200 No 1 K
2. 9 x 50 No1 1 + 2 Drill
3 + 4 Dr – Sw on 60/70
5 + 6 S.C.
7 – 9 SW as 1 @ 200 GP+2-3
2 @ 200 GP
3. 1/2 x 25 From a Start Opening for 200 Controlled (Check SC)
4. 100/200 Rec

400/ 800/ 1500m Freestyle Events

1. 800 as 300 FS - 100 BK Hold High Skill Level
200 FS K
2. 9 x 50 No1 1 + 2 Drill
3 + 4 Dr – Sw on 60/70
5 + 6 S.C.
7 – 9 SW as 1 @ 200 GP+2-3
2 @ 200 GP
3. 1/2 x 25 From a Start
4. 100/200 Rec

200/400m IM Events

1. 800 as 300 FS – 100 IM Drill
200 BR K
2. 8 x 50 IM Order as Odds: Drill on 60/70
Evns: Drill – Sw

2 x 50 Choice @ 200/400 GP
3. 1/2 x 25 Fly from Start
4. 100/200 Rec



Swim Down

200 Easy FS + BK

400 IM as 15m Fast – Drill for each 100m

4 x 100 IM Order as 25 Fast Kick – 25 Strong Kick – 50 Drill Rest 20

200 Easy FS + BK

If HR is ≥ 100 then blocks of 100m easy until HR < 100 (*A Squad and B-Trans swimmers only*)

If you are unsure about the time between races please seek advice from the coach to adjust the swim down.