

Race Swim down Protocol.

1. The swim down should be started within 3 minutes of the end of a race. Take your drink bottle with you. Replacement fluid should be drunk immediately and taken at every opportunity throughout the swim down.
2. Swim 150m 'Own Choice' **aim for PB + 30 - 40 seconds.**
3. Swim 1x100m with 20 seconds rest, using 2 strokes. The intensity should be equivalent to **PB + 30 – 40 seconds.**
4. Swim 2 x 100m as kick-swim x25 using 2 strokes but focussing on kicking.
 - *On the kick do bursts of 10-15 m on each 25m.*
5. After 2 minutes rest check heart rate, if HR is more than 100 beats per minute, continue swim down protocol, otherwise swim 150m to complete swim down.
6. Swim 2 x 100m as kick-swim x25 using 2 strokes but focussing on kicking.
 - *On the kick do bursts of 10-15 m on each 25m.*
7. After 2 minutes rest check heart rate, if HR is more than 100 beats per minute, continue swim down protocol, otherwise swim 150m to complete swim down.

Total swim down: 600metres.

Swimmers should always use Swim Downs to enhance recovery. If a second pool is not available, other forms of land exercise in conjunction with a hot shower can be used. Individual adjustments can be made depending on the nature of the event, the type of swimmer and the intensity of the repetition. All Swim Down's should be performed with excellent technique.