



Pre-Race Warm up Protocol

1. Stretching. Before entering the water spend 5 – 10 minutes doing pulse raisers and stretching. Pay particular attention to increasing the range of movement in the joints of the shoulders, chest, mid-section, legs, and ankles.
2. Easy swimming. Swim for 10 - 20 minutes 20% - 40% effort (PB + 25 to 50 seconds). Use a combination of swimming, pulling, kicking and stroke drills.
3. Pace and sprint swims. Do some paced swims for your particular event. For example, distances of 25m are ideal for 100m races. Stroke counts should be taken by the swimmer to help them attain the correct speed.
4. Dive starts. Do some 15m timed sprints, with 10m easy swims
5. Finish off the warm up with 200m of easy swimming, heart rate should be 100 bpm or less.