

Warm Up Protocol



1. Please arrive 15mins before the warm up is due to start. Any swimmer wishing to arrive at any other time must obtain permission from the coach to ensure they are not withdrawn from events.
2. The coach will lead a land based warm up routine prior to the water warm up. Elastics and skipping ropes can be used during the meet for further warm ups.
3. Please enter the warm up on time and complete the following warm up for a 30min warm up session:

600-1200	Swim 8(6) x100 Freestyle , depending upon ability, 10secs RI at 40-50BBM HR. Pay attention to rotation speeds in the turns; speed into and out of turns and good streamlining. Distance swimmers will go a minimum of 800-1200mtrs.
400	Swim 8x50 (Alternating for form stroke) progressive each 2x50 to HR 20-30BBM with 15sec RI. Distance swimmers will work 6x50 at individual race pace.
100	Sprints from a block start to 25mtrs working on race stroke rate. The coach to provide feedback.
200	Recovery swim

Guidelines

- Swimmers should ensure they warm up with the goggles they intend to use during the competition.
- If the warm up time is less than 30 minutes the coach will revise the above warm up.



Swim Down Protocol

1. Please ensure you have spoken to your coach immediately after the race for a de-brief. Proceed to the swim down pool and remove any leg suits before the swim down. Ensure you take your drink bottle and any food you require. Replacement fluid should be drunk immediately and taken throughout the swim down. Snack bars are ideal for immediately after the swim down.

600 **Swim 6x100 with 20sec RI** alternating Free-Back every 50m (*Breaststrokes may include own stroke*). The intensity should be at training HR 40-50BBM or 60BBM for sprinters.

400 **Swim 8x50m @ 50BBM** using Free and No.1 but focussing on kicking.
During odd repeats (1/3/5/7) put in fast bursts of 5-10mtrs.

400 **Swim 4x100m @50BBM** alternating free-back

After 30secs RI measure heart rate. Heart rate should be near to or less than 100 beats per minute, then the swim down is complete.

200 Otherwise
Continue with further swims of 200m until heart rate falls.

Guidelines

- All swimmers must complete a swim down unless otherwise advised by the coach.