



Affiliated to ASA South East Region and Hampshire County ASA

### Thoughts on Warming Up and Swimming Down

A lot of Swimmers do not seem to give a great deal of thought to warming up and swimming down properly; this guidance is to help you focus on what is needed to prepare you to race.

Why do we need a warm up?

It is a process to get you to **Ready to Race, to Prepare Your Body Mentally & Physically for the Harder Work to Come**. The length of the water warm up is determined by the amount of time available; at some meets you may only have 10 or 15 minutes, at others you could have 30 to 50 minutes. You need to include a land warm up; this may include skipping/jogging, and should include stretching and loosening exercises. Whatever you decide, you need to be ready to race at the end of the warm-up and feel that you are going to swim great.

What does "ready" feel like, only you can determine this, you need to write out several warm-ups for a variety of events.

What will you do if your planned warm up is 1000m long, and you only have 10 minutes allocated time?

What land work are you going to do prior to the warm up and then prior to your race?

When are you going to eat something?

What are you going to do if you finished your warm up and still don't feel good?

Try and link your warm up to the outcome you expect in the race. Do you need to do pace swims?

Is swimming aimlessly up and down at a steady speed the best way to go?

Relate what you do to what you want to happen, and then assess it afterwards to see if it worked.

As basic guidance the Warm Up may contain all of the following:

- Skipping, Gentle Jogging (If a sports hall/gym available)
- Stretching/Flexibility exercises
- Between 300m & 400m easy/steady F/C swim
- Mixed Drills on the stroke or strokes that you are swimming
- Full stroke on the stroke/strokes that you are swimming – at an increased effort
- If competing in events of 200m or longer then 50m or 100m pace swims
- Easy swimming to finish the Warm Up. **Do Not Warm Up in Your Racing Costume**

- Dive or Push Starts to 12.5m if time permits or you are competing at a strange pool and have not used the blocks previously. Too many swimmers waste time queuing to do a couple of dive starts and lose valuable warm up time
- Finally get changed into your racing costume

## **Race Plans**

Have you planned out the following prior to the event(s):

Target Time, Target Splits

Race strategy (what you are going to do to beat your opposition).

Any skills you want to work on / improve.

After your race you need to analyse what you have done. Most will study what they have done when they have swum well, how many do so when they have not swam so well. How well did you perform your skills at speed; you need to link the race to your training and your training to your race. ie there is no point wanting to go 10m underwater of the turns when you race unless you have mastered it in training at SPEED.

Whether your next competition is an outstanding success, or not so positive an experience, what have you learned from the races that will affect the way you conduct your training sessions in the future. This is a question YOU must answer – THEN YOU must be responsible for making it happen in training and letting it happen in competition.

## **Swim downs**

There is often not too much of an opportunity for this. If you have raced over 100m - 200m you should expect to do about 600m. This can be done as 6 x 100 + 10 Secs Rest, Free or Back or Free/Back x 50m. Intensity should be approx 40 BBM, maintaining the intensity at this pace helps the body to recover more quickly.

8 x 50 S/R 60 Secs alternating 1 x 50 with speed spikes (3 – 4 metres fast)

Check Heart Rate

Swim 4 x 100 HR 50 BBM this can be swim or kick S/R 2.00

Check Heart Rate is below 100 BBM after 60 seconds if Yes Swim Down Complete, if not continue easy swimming until HR is below 100 BBM

The swim down should start as soon as possible after you have raced. You should go to the warm down pool with your drink and some sort of carbohydrate snack – it is important to refuel the body as soon as possible after racing – EVEN IF YOU ARE NOT RACING AGAIN THAT DAY.

If a Swim Down pool is not available then take a shower, do some gentle stretching. Dry off and put on a track suit or similar to keep warm.

Report to your coach for a debrief about the swim.

**THE ABOVE IS ONLY GENERAL GUIDANCE, SWIMMERS MUST LEARN TO ADJUST THIS TO SUIT DIFFERENT SITUATIONS AND SEEK ADVICE OF THE COACH.**

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