

# Competition Preparation

## WARM UP

Always commence warm up first and finish last.

Lanes 1,3,5,7,9 swim down the left. 2,4,6,8 swim down the right.

For a 15 minute warm up:

Basic warm up 400 metres FC/BK

200 Metres on Main stroke – check stroke out, stroke count and race pacing

Practise turns (whilst swimming full lengths) do not stop and stand up

Sprints - do 2 or 3 - Try to copy the first length of the race you will be swimming, for BK & FC finish on your feet.

Swim-down 200 - 400 metres checking your stroke.

For a 30 minute warm up – increase the time spent on main stroke checking stroke count and race pacing

Do not dive in during general warm up (this is particularly dangerous).

When diving in sprint lanes check that no one is crossing lanes. Do not cross lanes particularly in the “area of a pitch of a dive” or across sprint lanes. Climb out at the end of the lane at the shallow end.

## PRE RACE

Always do blood flow exercises before racing. It takes the body several seconds to perform at its optimum and take an increase of blood to the skeletal muscles, so this is essential to maximise performance.

Where possible always do a swim down, if not possible do blood flow exercises such as skipping, this aids recovery significantly and for older swimmer's converts some lactic acid back through pyruvic acid to ATP the bodies energy. 2 Minutes helps but 5 minutes should be a minimum. This should be done at low intensity and will reduce the tiredness of the muscles.

PEP Talk: always talk to your Coach before swimming to confirm race plans and afterwards for “feedback” on what went well and areas for future improvement.

Before racing swim the race in your head (usually in a quiet place with eyes closed picture the race from start to finish and swim it stroke by stroke, complete with turns) Always be positive.

Do not be put off in a race if someone else goes out very fast – stick to your plan and your pace. Most swimmers do not pace races very well! And you can not control how others swim. You can only control your own performance.