

Performance Squad

Race Day Warm up

***Warm up specific to your first 2 races**

***In your warm down you can warm up your next 2 races with drills, some speed work & some turns or starts**

1. 300-400 easy mix *400 for longer races
2. 4 x 50 as (25 drill/25 swim) *specific to your first 2 races on 60sec OR 1min05sec OR 1min10sec OR 1min15sec
3. 200 swim (long strokes and relax your breathing)
as (25 stroke count, 50 Breathe 5, 25 stroke count)
4. *100m-200m race do:

*Do these specific to your first 2 races

*Take approximately 20sec rest after each 50

- 1 x 50 build kick
 - 1 x 50 build swim
 - 1 x 50 easy kick
 - 1 x 50 max effort kick
 - 1 x 50 easy swim
 - 1 x 50 max effort swim
- *If you are racing 400m or 800m you should do an extra
1 x 50 easy swim & 1 x 50 max effort swim

5. 1-2 x 25 Dive @ pace

6. Turn or finish work if time permits

7. Stretch (3 x upper body, 3 x lower body)

Race day warm down *to be done after each race

1. 2 x 50 hard free on 60sec *flush walls
2. 100-200 easy mixed swim *make sure you include the stroke you are racing in the next race
3. Turns or finishes in each stroke