

Why Warmup?

For those swimming at a facility for the first time, a warmup is more than just body readiness. The warmup helps familiarize the swimmer with the pool so there are no surprises like a 3' turning end or no backstroke ledge. This cuts down on swimmer anxiety and aids in over-all performance. Skipping warm-ups doesn't normally sit well with your coach either.

Benefits Of A Dynamic Warmup

- Improves Muscle Temperature
- Enhances nervous system function
- Improves power and agility
- Improves sprinting ability
- Improves vertical jump
- Maintain shoulder stability

How To Do A Dynamic Warmup

Start with these basic goals for every warmup, as outlined by the National Strength and Conditioning Association. If more than 45 minutes have passed since your warmup, you can loosen up and get your heart pumping by jumping rope or jogging for at least 5 minutes.

1. **Loosen up:** Warm your joints, muscles, and prep your body for exercise with mobility movements.
2. **Get your heart pumping:** Increased heart thumping warms up your muscles and switches on your nervous system.
3. **Do dynamic stretches:** Stretch your warm muscles, but don't hold it. Remember: Static stretching during a warm-up hinders your performance. Instead, do dynamic stretching, which involves continuously moving through a range of motion.

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