

SENIOR SQUAD MEET WARMUP:

This is a template that you can follow verbatim or adjust to your own needs (adding in sculling, more kick, drill, or pull). The 8-6-4-2 starts every warmup, no matter what events you are swimming. Make sure you are warming up the strokes you are racing. There are 3 parts to the Warmup: General, Specific, Recover. All 3 are important. For the Specific, if you are doing 2-3 events in the session, you may want to scale some of the yardage preparing for each specific event, but make sure you are doing some specific work for each event. For the PACE, the time is not as important as the effort in preparing. The point is to remind your body of what you are going to do in the race.

It is almost impossible to over warmup, but it is very possible to under warmup.

When you are at a meet, remember...ABP: Always Be Preparing.

1. General:

800 (150 SWIM/50 KICK x4)

600 (50 FR PULL BP7/50 CHOICE SWIM/50 NO FR PULL or CHOICE DRILL x4)

400 (CHOICE KICK&DRILL)

200 (IM DRILL or 4x50s SWIM DESCEND 1-4)

2. Specific:

200 IM

3x50s Indy IM (FL/BK, BK/BR, BR/FR) Focusing on Good Turns&Breakouts@ :10 REST

3x50s@ PACE (BK, BR, FR)@ :20 REST

2x25s FL FAST from a Dive

50 FR

6x50s@ :30 REST

-2x1st 15m ALL OUT from a RESTART,

2xALL OUT IN/OUT of TURN,

2x LAST 15m ALL OUT into FINISH

2x25s FR 1st 15m ALL OUT from a DIVE

1000/1650 FR

6x100s@ :15 REST

-Descend 1-4 to PACE, #5 HOLD PACE, #6 50@PACE/50 FASTER than PACE

100 FL/BK/BR/FR

5x50s@ :20 REST

-#1: 1st 25 FAST, #2: MID 25 FAST, #3: 2nd 25 FAST, #4: SMOOTH, #5: 50 FAST

2x25s from a DIVE (#1: 1st 15m ALL OUT, #2: 25y ALL OUT with a TURN)

200 FL/BK/BR/FR

3x50s Descend 1-3@ :20 REST

3x50s@ PACE@ :20 REST

2x25s FAST from a DIVE

500 FR

3x100s Descend 1-3@ :10 REST

4x50s@ PACE@ :10 REST

400 IM

3x100s Indy IM STRONG middle 50 (FL/BK, BK/BR, BR/FR)@ :20 Rest

4x50s IMO@ PACE@ :20 REST

3. Recover

400 Smooth and Long (MAX DPS)