MEET WARM-UP GUIDE

There's no one size fits all for a meet warm-up. Every swimmer is different and your warm-up is going to be different depending on the events you are swimming. Ultimately whatever works best for you.

Having said that I thought it would be useful to create a little guide for how I would think about preparing to swim fast at a meet. This can be adjusted depending on what you're swimming, etc. and has some examples below.

How long should I warm-up? This is a common question and again it's going to depend on the swimmer and what events you're swimming. Some people like more warm-up and some just need a little bit to feel ready.

For us masters we're generally swimming between 2000-3000 a practice and our warmups in practice are usually 600-1000. So, depending on your events I would consider somewhere between 600-1200m of warm-up is going to be fine for 99% of you.

The building blocks of a great meet warm up: Again, there are tons of ways to decide what specifically to do in your warm-up but I would think about making sure you touch on this sort of structure:

1. On land activation: Stretching, activation exercises, etc.
2. General loosen up: Think about the 200-400 loosen up we start most workouts with. This can be whatever you want, mix strokes, kick, etc whatever you need to do to get loose. Doesn't need to be fast
3. Technique & drills: Consider doing a little bit of drill work or even just full stroke swimming focusing on your technique and feel of the water.
4. Get the heart rate up: Depending on the distance of your races this can be short or a bit longer but do a bit of work to get your heart rate up aerobically and get yourself breathing hard.
5. Touch the speed: Do either a little bit of pace work or just hit a few short repeats of max speed. I would also throw in a couple practice starts with this
6. Get out! hop out, dry off, get ready to swim fast!

Example #1 Warm-up: 50-100m Event Focus (~750-900m)

300 Mix Loosen up (include a bit of kick)

4 x 50	:20 rest	25 drill / 25 thinking perfect technique	
3 x 50	:20 rest	D1-3 to about a 7/10 effort	
If 50s are main focus:	4 x 25	1:00	15m MAX blast, rest EZ
If 100s are main focus:	6 x 25	1:00	Odds: 25m race pace, Evens: Cruise good technique
2 Dives	If 50s just do an all out 15m breakout, if 100s do a full 25		

Optional: 100 cruise cool down

Example #2 Warm-up: 100-200m Event Focus (~1150m)

300 Mix Loosen up

100 Kick

4 x 50	:20 rest	25 drill / 25 thinking perfect technique	
6 x 50	:20 rest	D1-3 to about a 7/10 effort	
If 100s are main focus:	6 x 25	1:00	Odds: 25m race pace, Evens: Cruise good technique
If 200s are main focus:	3 x 50	1:20	1 Build, 2 at 200m race pace
2 Dives	Swim the pace of the 1st 25m of your race (100 or 200)		

100 cruise cool down

Example #3 Warm-up: Distance Event Focus (~1300m)

400 Mix Loosen up

4 x 50	:20 rest	Odds: 25 drill / 25 thinking perfect technique, Evens: DPS
4 x 75	:20 rest	D1-4 to about a 7/10 effort (pull if you want)
6 x 50	1:00	1 Build, 2 at pace
2 Dives	Swim the pace of the 1st 25m of your race	

100 cruise cool down