SETON SWIMMING MEET MANAGEMENT GUIDELINES

Importance of Warm Up:

1. It helps prepare the body physically and mentally for the demands of the intense activity ahead. By gradually increasing heart rate and blood flow to the muscles, warm-up exercises help improve muscle elasticity and flexibility, reducing the risk of injury during the swim.

2. Warm-up enhances overall performance. It helps to activate the cardiovascular system, increasing oxygen uptake and delivery to the muscles. This improves muscle efficiency, allowing swimmers to generate more power and sustain higher levels of performance during races.

3. Warm-up allows swimmers to focus on technique and coordination. By going through specific drills and exercises used in swimming, swimmers can improve their stroke mechanics, body positioning, and timing. This helps optimize their performance and efficiency in the water.

4. Warm-up also psychologically prepares swimmers for competition. It helps athletes get into the right mindset, sharpen their focus, and alleviate any pre-race jitters or anxiety. This mental preparation can positively impact performance and help swimmers perform at their best.

Meet Warm Up:

Bring Suit, Goggles, Cap, Nose Clips, Water Bottle to warm up

"Coach Koehr Standard Meet Warm Up"

Please note: time and space play a factor in the what is available after the primary warm up

Drink Water, Eat, Get Ready to Crush it!

5 Parts of During Meet Warm Up:

1.) Easy Swimming
2.) Kick
3.) Drill
4.) Speed Drill (Examples Fly Flutter - Back Spin - Breast DK - Freestyle Head Up)
5.) Race or Pace Efforts

Warm Up During Meets: (want to be out of water 10 - 25 minutes before race, so plan accordingly!

50 Example: 50 Easy - 50 K/D - 2x25 Speed Drill - 4x15m Fast!- 50 Easy **(Total 300)**
100 Example: 100 Easy - 50 K/D - 2x25 Speed Drill - 2x25 RACE - 50 Easy (**Total 375)**
200 Example 150 Easy - 50 K/D - 2x25 Speed Drill -2x50 Build 2x50 Pace 2x25 Race! - 100 Easy **(Total 400 / 500)**
200 IM Warm-up: 100 Easy - 100 IM Drill - 3x50 IM Transition **(25Fly -25 Back, 25 Back - 25 Breast - 25 Breast - 25 Free)** - 4x25 Race IMO - 50 Easy
500 Free Example: 100 Easy - 50 Kick - 50 Drill - 2x50 Build - 2x75 @ 500 Pace - 100 Easy (**Total 500)**

****Remember these are just guidelines and examples, please feel free to get creative and find out what works best for you!!****

Cool Down During Meets

50 Example - 200 - 300 (mix in some kicking)
100 Example - 200 - 300 (mix in some kickin)
200 Example - 300 - 400 (mix in some kicking)
500 Example - 400 or 12 minutes continuous (mix in some kicking)

"Cool Up" During Meets

Cool Ups are used when the athlete has less than 30 minutes between races. In this example athletes should do 50% of the Cool Down protocol and 50% of the Warm Up protocol after the conclusion of their race.

50 Example - 150 Easy - 50 (25K / 25 Drill) - 2x15m Fast! - 50 Easy
100 Example - 200 Easy - 50 K/D - 2x25 Speed Drill - 2x25 Race - 100 Easy
200 Example - 200 Easy - 50 K/D - 50 Pace - 2x15m Fast! - 100 Easy
500 Example - 300 Easy - 50 K/D - 50 Build - 1x75 Pace - 75 Easy

*Reminder, **TOO MUCH** cool down **WON'T** hurt you, but **TOO LITTLE** cool down **WILL!!**

*Remember if you want to swim **FAST**, you have to be willing to do the stuff you don't want to do, but know you **SHOULD**! LETS GO!