Pre-Race Warm-up Routine for Regular Season Meets

* Get Heat Sheet
* Time Out Your Events
* 30 Minutes Prior to Your Scheduled Race
  + Bathroom
  + Check in with Coach
  + Warm Up 10-15 minutes
    - 200-300 FR or BK build by 50 (200) or 75 (300)
    - 4x50 Build @ :45 or :50
    - 2x25!!! (Pace work if it’s IM or distance)
    - 100 EZ
  + Parka, shirt, sweats/leggings, shoes & socks on… we want you WARM
  + Check in with Coach
    - Come prepared with your race plan. Splits, sub-kicks, expectations for success, etc…
* Race
  + RACE!!!
  + Have fun!
* Cool Down
  + 100 build… sip water / Gatorade… Check HR
  + 200 D/S
  + 100 SC -1… sip water / Gatorade… Check HR
  + 100 ascend… sip water / Gatorade… Check HR
  + 200 D/S
  + 100 SC -1… sip water / Gatorade… Check HR
  + 4x50 fast to slow… sip water / Gatorade between each… Check HR
  + Check in with Coach

Pre-Race Warm-up Routine for Championship Meets

* Get Heat Sheet
* Time Out Your Events
* 45 minutes Prior to Your Scheduled Race
  + Check in with Coach
  + Bathroom
  + Warm up 300-400 with particular attention to stroke count and kicks off the walls
  + Get race suit on
* 30 minutes Prior to Your Scheduled Race
  + Warm up 10-15 minutes
    - 200-300 FR or BK, build by 50 (200) or 75 (300)
    - 4x50 Build @ :45 or :50
    - 2x25 !!! (Pace if it’s IM or distance)
    - 100 EZ
  + Parka, TEAM shirt, sweats/leggings, shoes & socks on… we want you WARM
  + Check in with Coach
    - Come prepared with your race plan. Splits, sub-kicks, expectations for success, etc…
* Race
  + RACE!!!
  + Have fun!
* Cool Down
  + 100 build… sip water / Gatorade… Check HR
  + 200 D/S
  + 100 SC -1… sip water / Gatorade… Check HR
  + 100 ascend… sip water / Gatorade… Check HR
  + 200 D/S
  + 100 SC… sip water / Gatorade… Check HR

4x50 fast to slow… sip water / Gatorade between each… Check HR  
If HR is still above 150 at this point, repeat process

* + Check in with Coach