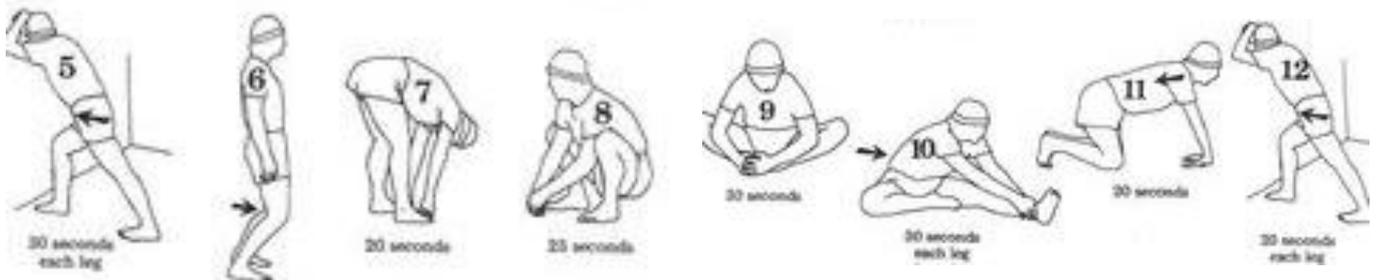


Before you start your swimming session, you should always make sure to warm up your body. This will make sure you avoid injuries, as well as help giving your muscles a first boost of energy.

Swimming uses most of your muscles in your body – that’s why it is such a great workout! By properly preparing your body for swimming, you are increasing your flexibility and efficiency in the water – and your muscles won’t feel so achy when you get out of a tasking training session. In this document we have concentrated on providing you with ideas for your warm up training prior to swimming. **It is your responsibility to make sure you are prepared before you get into the pool, so please ask the coaches if you have any queries about these exercises!**

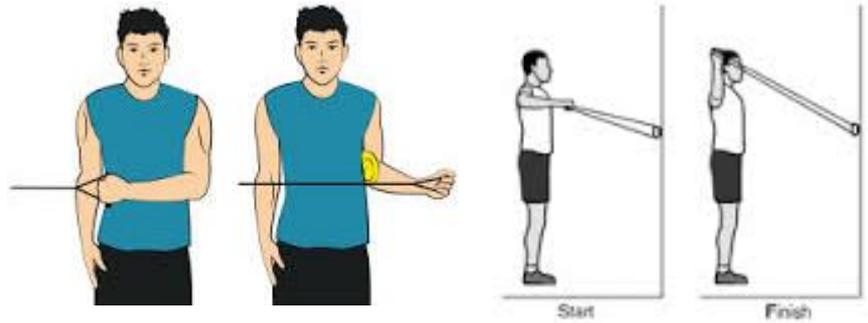
So start by gently stretching your arms and leg muscles – 10 seconds at a time – repeat your routine 3 times.



Slowly start moving your limbs – circle your arms and swing your legs to get them warm and used to the movements you’ll be performing in the water shortly. Concentrate on your muscles and get them moving smoothly.

Warm up exercises

Any bands in your bag? Use them!
They are a great piece of kit to stretch out your shoulder and arms before your swim. Here two great exercises for swimmers:



Our coaches make sure that every training session starts with a warm up swim. Don't use your racing speed to see you through this – follow the coaches' direction and start gently, increasing your speed more and more as you go through the warm up and your muscles feel more flexible.

- Warmth – it's all in the name really. If the water or air temperature is **cold**, it's going to take longer to **warm-up**.... so take that into account.
- Mobility – swimming is fantastic exercise for your joints in a weightless environment. Nevertheless, bursting into ten lengths of butterfly isn't going to do your shoulders any favours. Concentrate on **relaxing** your joints and **gliding** through the water as you warm-up.
- Pulse rate – by warming-up, you are avoiding any oxygen deficit or pre-training tiredness but don't take it too easy! You need to be **gradually raising your pulse** to ensure the warm-up effects are maintained.

If you wait a long between races, be sure to use some of these stretches shortly before and after your race, to boost and protect your muscles.