

Warm-Up

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Are there Benefits?

- An appropriate warm-up can improve performance.
- Increase in muscle temperature.
- Technical effectiveness
- Dilates blood vessels
- Improved rate of oxygen delivery

What should a warm-up include?

- Gradual increase in intensity.
- Some work above the 2nd threshold.
- Time to allow metabolic changes to come back towards normal.

Time of Day

- Generally body temperature is lower in the morning.
- Evidence suggests that morning warm-ups should be more than afternoon.
- Also technique is not as good in the morning.

Multiple Races

- In a multiple race situation the decisions are more complex.....
- Short time between races... low intensity exercise to bring metabolic changes back to normal...., rehydrate and refuel ASAP while swimming.
- Longer time.. Short recovery, rehydrate and refuel... re-prepare

Out on a limb

- Use cords on pool deck.. keep upper-body blood flow maximal.
- Post-race passive recovery with rehydration and refuelling... next race warm-up....