

# CALGARY MASTERS SWIM CLUB

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## Swim Meet Warm-Up



All meet warm-ups should have 3 components to them: **Distance**, **Technique** and **Speed**. Here are 2 examples:

### MEET WARM-UP #1:

300 Choice, smooth  
300 Free Build  
4 x 100: 1 k/sw, 1 dr/sw  
8 x 50: 1 blast/dps, 1 dps/build  
2 dives

### MEET WARM-UP #2:

3 x 200: 1 free, 1 IM, 1 free  
12 x 50: 1 k/sw, 1 drill 1 dps  
12 x 25: 1 blast, 1 build, 1 dps  
(Blast from a dive)

The goal should be to get your heart rate pretty high by the end of warm-up while working on your “hold” on the water. You should feel a little tired afterwards. You can replace the speed component for a pace component if you are doing longer races, such as the 800m or 1500m.

Try to get in about 1200 - 2000m, which is relative to how much you train. I have been seeing a lot of great swims in workout after some pretty intense sets, so don't be afraid to push the warm-up more than you think.

After your race, don't forget to get in a good recovery as soon as possible. Do a simple 200m to loosen, or 10 x 50s choice: 4 easy, 3 descending 1-3, 3 ascending 1-3 @ 10 seconds rest.

*Kevin Coulman,  
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