

### When in doubt warm-up

NWA

- Jog—Skip and/or light exercises, incl. stretches
- 100m relaxed F/S &/or Form
- 2 x 15m “fast” F/S or Form
- 4-8 starts—off blocks (15m or no. of strokes)
- 2-4 turns and finishes from 15m
- 100-200 relaxed stroke &/or drill (Race specific focus)
- 2 starts to 15m .. max. (choice)
- 50m or 100m relaxed stroke .. choice



Exit — Hydrate — Relax Do what is best for YOU



### Competition Procedure



Arrive early  
Pool familiarization  
Warm-up — Stretch / Swim  
Recovery - Rest / Review Race Plan  
Pre-race Motivation

**COMPETITION:** perform as professionally as you can  
Re-Hydrate

Evaluate (coach)  
Warm Down—Stretch—Re-fuel

[www.nwaswimaths.com](http://www.nwaswimaths.com)  
[www.geelongswimmingclub.com.au](http://www.geelongswimmingclub.com.au)

### When in doubt warm-up

NWA

- Jog—Skip and/or light exercises, incl. stretches
- 100m relaxed F/S &/or Form
- 2 x 15m “fast” F/S or Form
- 4-8 starts—off blocks (15m or no. of strokes)
- 2-4 turns and finishes from 15m
- 100-200 relaxed stroke &/or drill (Race specific focus)
- 2 starts to 15m .. max. (choice)
- 50m or 100m relaxed stroke .. choice



Exit — Hydrate — Relax Do what is best for YOU



### Competition Procedure



Arrive early  
Pool familiarization  
Warm-up — Stretch / Swim  
Recovery - Rest / Review Race Plan  
Pre-race Motivation

**COMPETITION:** perform as professionally as you can  
Re-Hydrate

Evaluate (coach)  
Warm Down—Stretch—Re-fuel

[www.nwaswimaths.com](http://www.nwaswimaths.com)  
[www.geelongswimmingclub.com.au](http://www.geelongswimmingclub.com.au)

### When in doubt warm-up

NWA

- Jog—Skip and/or light exercises, incl. stretches
- 100m relaxed F/S &/or Form
- 2 x 15m “fast” F/S or Form
- 4-8 starts—off blocks (15m or no. of strokes)
- 2-4 turns and finishes from 15m
- 100-200 relaxed stroke &/or drill (Race specific focus)
- 2 starts to 15m .. max. (choice)
- 50m or 100m relaxed stroke .. choice



Exit — Hydrate — Relax Do what is best for YOU



### Competition Procedure



Arrive early  
Pool familiarization  
Warm-up — Stretch / Swim  
Recovery - Rest / Review Race Plan  
Pre-race Motivation

**COMPETITION:** perform as professionally as you can  
Re-Hydrate

Evaluate (coach)  
Warm Down—Stretch—Re-fuel

[www.nwaswimaths.com](http://www.nwaswimaths.com)  
[www.geelongswimmingclub.com.au](http://www.geelongswimmingclub.com.au)

### When in doubt warm-up

NWA

- Jog—Skip and/or light exercises, incl. stretches
- 100m relaxed F/S &/or Form
- 2 x 15m “fast” F/S or Form
- 4-8 starts—off blocks (15m or no. of strokes)
- 2-4 turns and finishes from 15m
- 100-200 relaxed stroke &/or drill (Race specific focus)
- 2 starts to 15m .. max. (choice)
- 50m or 100m relaxed stroke .. choice



Exit — Hydrate — Relax Do what is best for YOU



### Competition Procedure



Arrive early  
Pool familiarization  
Warm-up — Stretch / Swim  
Recovery - Rest / Review Race Plan  
Pre-race Motivation

**COMPETITION:** perform as professionally as you can  
Re-Hydrate

Evaluate (coach)  
Warm Down—Stretch—Re-fuel

[www.nwaswimaths.com](http://www.nwaswimaths.com)  
[www.geelongswimmingclub.com.au](http://www.geelongswimmingclub.com.au)

### When in doubt warm-up

NWA

- Jog—Skip and/or light exercises, incl. stretches
- 100m relaxed F/S &/or Form
- 2 x 15m “fast” F/S or Form
- 4-8 starts—off blocks (15m or no. of strokes)
- 2-4 turns and finishes from 15m
- 100-200 relaxed stroke &/or drill (Race specific focus)
- 2 starts to 15m .. max. (choice)
- 50m or 100m relaxed stroke .. choice



Exit — Hydrate — Relax Do what is best for YOU



### Competition Procedure



Arrive early  
Pool familiarization  
Warm-up — Stretch / Swim  
Recovery - Rest / Review Race Plan  
Pre-race Motivation

**COMPETITION:** perform as professionally as you can  
Re-Hydrate

Evaluate (coach)  
Warm Down—Stretch—Re-fuel

[www.nwaswimaths.com](http://www.nwaswimaths.com)  
[www.geelongswimmingclub.com.au](http://www.geelongswimmingclub.com.au)