

## Competition Tips:

### 1. HAVE FUN!!!!

- You are much more apt to swim well when you are relaxed and having a good time. Don't put too much pressure on yourself.

### 2. PRE-MEET WARM UP

- It will be crowded. Do your BEST to swim continuously.
- Practice GOOD turns at racing speed. Every pool is different and you need to adjust for those conditions. Especially practice backstroke for stroke count.
- Be UNCOMFORTABLE. It is easy at a competition to want to take it easy and save up your energy. HOWEVER, you NEED to get your body warmed up especially in the morning. If you are flushed and red you have warmed up properly. You will have plenty of time to recover before your events.
- Be AWARE of how your body feels on each particular day. Adjust your warm up accordingly. Sometimes you might feel great and only need a short warm up. Sometimes you feel pretty bad and don't want to warm up too hard. Sometimes you might feel bad but need to warm up more to ensure you are actually warmed up, sometimes it takes longer on any given day.
- 20 - 30 min total
- Stretch AFTER you warm-up when your muscles are warm and malleable. NOT before.
- Do some underwater breathing exercises. Best to do in deeper water. Water pressure will help you expel carbon dioxide. Slowly blow all your air out underwater, then come up take a deep breath in and repeat 4-5 times.

### 3. PRE-EVENT WARM UP

Benefits 100 and 200 races.

- 10-15 min before your race. If you are worried about missing your race, have a buddy notify you 2-3 heats before your own.
- Do a 200 moderate. Then maybe several 50's at pace or short 25's either entirely or ½ sprint, ½ easy. Don't be afraid to go hard. You want your heart rate up when you are on the block. The last half of your race will feel amazing. I used this as my secret weapon in college.
- Do some breathing exercises whether during your pre-event warm-up or behind the block. Make sure that your body is running on full capacity with

oxygen. Exhale completely to expel carbon dioxide. It will make you feel instantly better.

#### 4. EVENT

- Swim down the MIDDLE of the Lane. DO NOT CIRCLE SWIM! It wastes significant time and energy. It is a habit that is hard to break.
- Strategize. Make sure you have a plan going into your race whether its sprint or distance or anything in between. Stick to your plan regardless of what happens around you. Saving up to go faster in the latter part of your race is not a winning strategy. You should not have that much energy at the end, therefore you have not given the race your ALL.

#### 5. WARM DOWN

- CRITICALLY IMPORTANT!!! Many people neglect or do not see it necessary to warm down, but its important especially at a multi-day meet. This will allow your body to recover quicker.
- Should be more of an ASCEND, starting at a mod-fast down to easy in a 400 - 500. This allows your body to step down gradually from racing speed, which is healthier, as opposed to shocking your body going from hard to easy in an instant.