

<u>Warm up Format</u>	<u>Sprint 50&100</u>	<u>Sprint 200</u>	<u>Distance</u>	<u>Form & Middle D.</u>	<u>IM</u>	<u>Breast.</u>	<u>Relay</u>
<u>EASY SWIM</u>	300m @5.30min	400m @7.00min	300m @5.30min	200m	200m IM/Back	200m Free	200Free
<u>BUILD / S.R.I</u> IM & Dist. swimmer's Coach should watch	8x50m @ 40sec 45sec	4x100m @ 1.20min 1.30min	2x100m 8x50	8x50m F/s 45sec	6x100 Fly/F/s BA/F/s BA/F/s	8x50mF/s @1.05min	6x50m Build @50sec
<u>DRILL</u> (Form swimmers coach should watch)	150m @ 3.00min	200m @ 3.30min	150m	8x50 Variable Pace @ 1.05mi	200m Drill	3x100m 3x50m Quality	2x100 Form
<u>KICK</u>	200m	4x50m	200m	150m Build	2-4x50	150m	4x50m
<u>PACE</u> (coach should Time)	2x50m @ 1.30min	4x50m @ 1.30min ODDS PACE	50m		8x50m IM Order Vari. Pace	1-4 Disc. 8x50m	2x50m
<u>PULL</u>	200m	4x50m	4x50m	150m Build	4x50m	100m 50m Easy	100m
<u>FAST</u>	Dive 2x25m Time	Dive 4x25m Time	1x100m 4x50m	Dive 6x25m Disc.1-3 Time	Dive 4x25m FLY Time	Dive 2x25m Time	Dive 2x20m Time
<u>EASY</u>	100-200 Easy	100-200 Easy	200-400m Easy	100-200m	100 m	100-200m	150m
<u>DRY LAND</u>	Stretching	Stretching	Stretching	Stratching	Stretch.	Stretch.	Stretch.

SWIMMING WARM UP PLANER

