

Pre-race warm-up (Snr. School)

- 200 - 300 easy fs
- 6 x 25m drills (relevant to the strokes you are racing)
- 100m build fs
- 8 x 25m – 4 build up. 4 explosive swims.
- Dive starts and bk stroke finishes (until comfortable with them)
- 200 - 300 easy swim down (optional)

Pre-race warm-up (Jnr. School)

- 100 - 200 easy fs
- 4 x 25m drills (relevant to the strokes you are racing)
- 4 x 25m – 2 build up. 2 explosive swims.
- Dive starts and bk stroke finishes (until comfortable with them)
- 100 easy swim down (optional)