

Pre-race protocol

Race suit on pre-activation, 15-20 min ready-room

Actual Time Minutes before race

- | | | |
|-------|---------|---|
| _____ | -60 min | Start dryland activation (race suit is on)
This should be a modified (50-75%) pre-practice activation. Focus on specific mobility needed, and exercises typically done before entering the water |
| _____ | -45 min | Start warm-up
Keep it short (~20 min). Increase muscle temperature and activate the aerobic system with a mix of slow swimming, drills, race pace and starts |
| _____ | -25 min | Exit the pool, get dry and layer up
Do this as soon as you exit the pool to preserve the effects of the warm-up |
| _____ | -20 min | Enter the ready-room
Stay warm |
| _____ | -15 min | Reactivate
The effects of warm-up last ~10 min. Reactivate in the ready-room to extend these effects. Refer to the last page for ideas of exercises
10 x Lower body exercise, RPE 6/10
10 x Upper body exercise, RPE 6/10
10 x Core exercise, RPE 6/10 |
| _____ | -8 min | Rest
2-3 x Hold for 5 sec, MAX effort – isometric exercise, rest 1-2 min between efforts |
| _____ | -5 min | Relax and refocus
A short period of passive rest will allow any fatigue to dissipate |
| _____ | -2 min | March out |
| _____ | -0 min | Race!!! |



Pre-race protocol

Race suit on pre-activation, no ready-room

Actual Time Minutes before race

_____ -45 min **Start dryland activation (race suit is on)**
This should be a modified (50-75%) pre-practice activation. Focus on specific mobility needed, and exercises typically done before entering the water

_____ -30 min **Start warm-up**
Keep it short (~20 min). Increase muscle temperature and activate the aerobic system with a mix of slow swimming, drills, race pace and starts

_____ -10 min **Exit the pool, get dry and layer up**
Do this as soon as you exit the pool to preserve the effects of the warm-up. **STAY WARM**

_____ - 15 min **Reactivate (if needed)**
The effects of warm-up last ~10 min. You probably won't need to reactivate if your warm-up ended 10 min before your race. However, have a reactivation routine ready in case there are unexpected delays. Refer to the last page for ideas of exercises

10 x Lower body exercise, RPE 6/10

10 x Upper body exercise, RPE 6/10

10 x Core exercise, RPE 6/10

Rest

_____ -8 min 2-3 x Hold for 5 sec, MAX effort – isometric exercise, rest 1-2 min between efforts

_____ -5 min **Relax and refocus**
A short period of passive rest will allow any fatigue to dissipate

_____ -2 min **March out**

_____ -0 min **Race!!!**



Pre-race protocol

Race suit on AFTER pool WU, 15-20 min ready-room

Actual Minutes
Time before race

_____ -75 min Start dryland activation

This should be a modified (50-75%) pre-practice activation. Focus on specific mobility needed, and exercises typically done before entering the water

_____ -60 min Start warm-up

Keep it short (~20 min). Increase muscle temperature and activate the aerobic system with a mix of slow swimming, drills, race pace and starts

_____ -40 min Exit the pool, get dry and layer up

Do this as soon as you exit the pool to preserve the effects of the warm-up

_____ -35 min Put Race suit on, and layer up

_____ -20 min Enter the ready-room

Stay warm

_____ -15 min Reactivate

The effects of warm-up last ~10 min. Reactivate in the ready-room to extend these effects. Refer to the last page for ideas of exercises

10 x Lower body exercise, RPE 6/10

10 x Upper body exercise, RPE 6/10

10 x Core exercise, RPE 6/10

_____ -8 min Rest

2-3 x Hold for 5 sec, MAX effort – isometric exercise, rest 1-2 min between efforts

_____ -5 min Relax and refocus

A short period of passive rest will allow any fatigue to dissipate

_____ -2 min March out

_____ -0 min Race!!!



Pre-race protocol

Race suit on, No Pool – Dryland only warmup

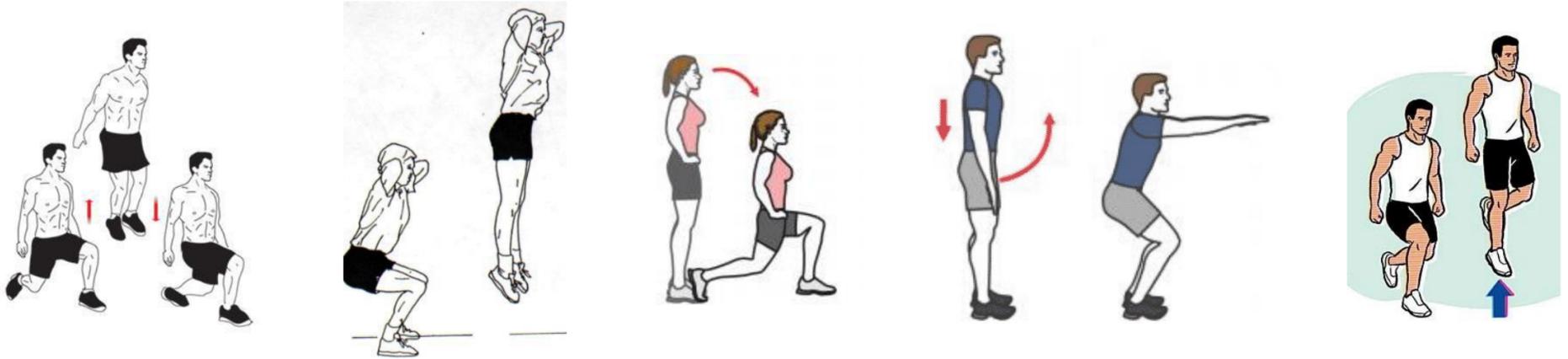
Actual Time	Minutes before race	Dryland activation
_____	-40 min	<ul style="list-style-type: none">• Dryland mobility Find a quiet space to focus on specific mobility needed, visualization, etc.
_____	-30 min	<ul style="list-style-type: none">• Dryland warm-up Perform dynamic exercises for 5 min. Skipping, Wheeling, Ball Throw and Catch, etc.
_____	-25 min	<ul style="list-style-type: none">• Technical Cord Work 5 x 10 reps of single arm pulls, with 30-sec rest
_____	-20 min	<ul style="list-style-type: none">• Stability exercises Choose 4 exercises, 30” or 8-10 reps each (ex: planks, dead bug, external/internal rotations, woodchoppers)
_____	-15 min	<ul style="list-style-type: none">• Explosive exercises Choose 1 to 3 explosive exercises, perform 1 to 2 sets of 5 reps each (ex: plyometric push-ups, jump squats, isometric pulls, hollow hold to V-sit)
_____	-5-8 min	Relax and refocus A short period of passive rest will allow any fatigue to dissipate
_____	-2 min	March out
_____	-0 min	Race!!!



Pre-race protocol

Exercise list for ready-room reactivation

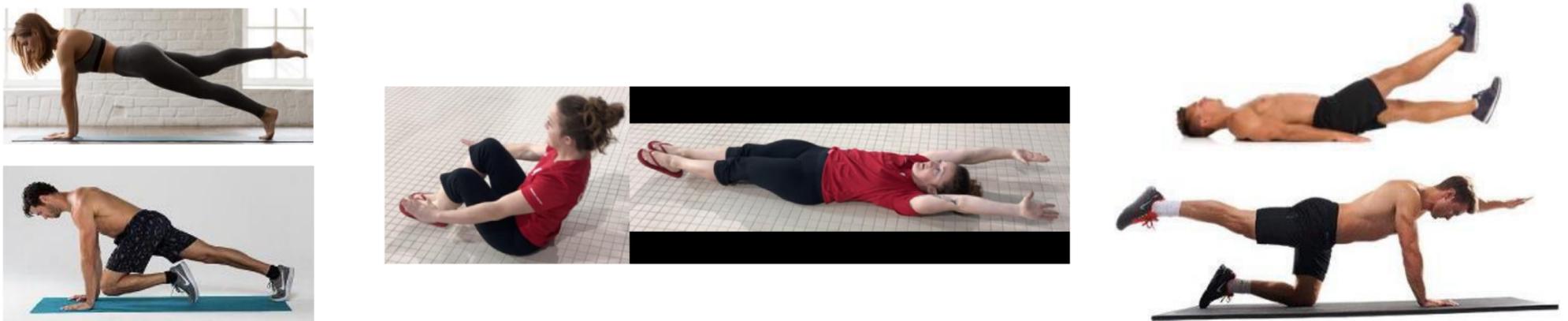
10 x Lower body exercise (pick one of the following):



10 x Upper body exercise (pick one of the following):

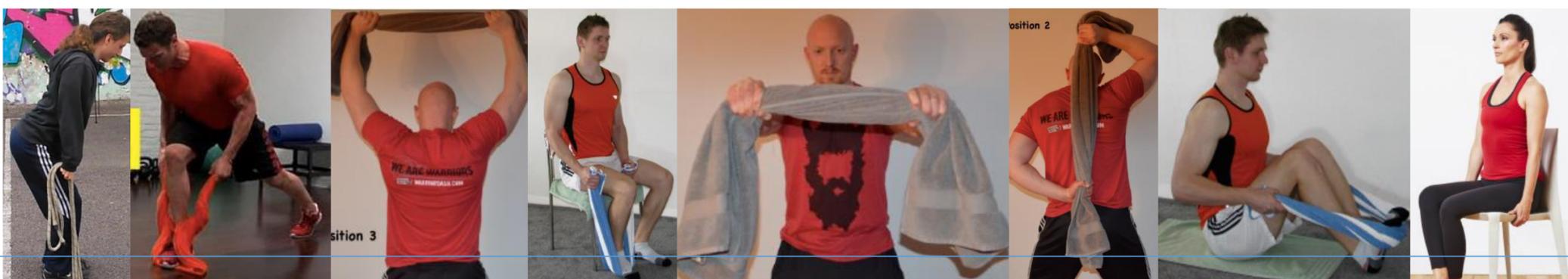


10 x Core exercise (pick one of the following):



Rest 3-5 min

2-3 isometric exercises, hold for 5 sec, 1-2 min rest between efforts (pick one of the following):



*Choose multiple exercises in a single group if you can't perform any exercise from a given group
**Connect with your coach/S&C coach/physiologist to get additional ideas or to adapt exercises.