

PRE-SESSION LAND WARM UP

Loosening up prior to a pool session is a practice that has become an important element of a top swimmers pre-session preparation.

There are many alternative terms that are used to explain the more simple term - loosening up. The 2 following terms are the most widely used:

- 1. Blood flow – this means increasing blood flow around the body which have the following effects:**
 - **Increased blood into muscles = increased warmth = more elastic muscle = less stiffness**
 - **Less stiffness = less chance of injury and improved performance**
 - **Less stiffness = increases positive mental thoughts for following pool training**
- 2. Mobility – this means moving our skeleton joints at a greater range of movement than basic movement or to a range of movement associated with swimming strokes**
 - **Moving joints in this manner will prepare the joints and muscles for swimming specific training**
 - **Mobility = stretching WITH MOVEMENT – not WITHOUT MOVEMENT which can be more dangerous to muscles that are not warm**
 - **Connective material (that connect bones to bones and muscles to bones) will become more elastic = less chance of injury when the swimmer begins to press at medium and hard intensities against water**

Swimmers within HBEST squads are now required to do some mobility / blood flow / loosening prior to getting in the pool. Obviously, there will be times when swimmers hit traffic or I need to talk for 5 / 10 minutes prior to hitting the water, however, in 9 / 10 occasions swimmers can do some pre session warm up exercises.

Swimmers within HBEST squads already know how to loosen, however, most choose to chat or perform loosening exercises poorly. The 2nd half of this page will state a few rules and give you a structure to follow when you get onto poolside. You can do your own mobility / blood flow / loosening routine if you wish – but if you have not designed 1 please perform following:

RULES

- 1. When you come out on poolside DO NOT SIT DOWN.**
- 2. Your pre-session warm up is your own responsibility – I do not want or will chase swimmers up.**
- 3. You need to commence your pre session warm up ideally 5-10 minutes before the pool session warm up is explained by me.**
- 4. Your mobility movements need to be of good quality – not performed as if you do not want to be doing them.**
- 5. Your pre-session warm up should be a regular practice that you can perform whilst having a chat or joke.**

THE BASIC ROUTINE – if you have not designed your own

- 1. 60 seconds loosening both shoulders – circles or varied swings
– MUSCLES LOOSEMED AROUND SHOULDER AND CHEST**
- 2. 60 seconds lean over with straight legs – swing arms at the same time left and then to right
- MUSCLES LOOSEMED – HAMSTRINGS (BACK LEGS), SHOULDERS, BACK MUSCLES (via hanging arms down), MID MUSCLES (via leaning over)**
- 3. 60s perform 5-6 streamlined holds - tip toes and finger tips as far away as possible
- MUSCLES LOOSEMED – FULL BODY LENGTHEN**
- 4. 60s perform some forward and back and side to side leg swings
- MUSCLES AROUND HIPS AND UPPER LEG, ALSO SIDE TO SIDE HELPS LOOSEMED GROIN**

Swimmers please ensure that over this week you get into a habit of completing this routine. From the start of next week I will expect it to be done without any input by myself.

Thank you

David Hemmings

HBEST Head Coach