

## Competition Warmup Pre-General Swim Warmup

<p><b>Competition Warmup Review</b></p> <ul style="list-style-type: none"> <li>To be completed before general swim warmup.</li> <li>Should be timed to be completed 5-10 minutes prior to the start.</li> <li>Upon completion of the swim warmup/prep, get dry and put on your dry robe.</li> </ul>	<p><b>General Preparation</b>                  Skipping- 10-12 minutes</p> <ul style="list-style-type: none"> <li>Jumping jacks 1x10</li> <li>Mobility- Roller</li> </ul> <p>Upper back left/Right                  Front shoulders                  Hip Flexor (front)                  Glutes                  5 rolls/section</p> <p><b>Full Body</b></p> <ul style="list-style-type: none"> <li>Reach and Hang</li> <li>Tilts</li> <li>Hip rotations</li> </ul>	<p><b>Leg Swing Series</b>                  -front to back                  -Across the front</p> <p><b>Arm Rotations series</b>                  -cross chest                  -Under over                  -Backwards                  -Forwards                  -Alternating forward and back                  -Single arm forward and backward</p>	<p><b>Jump Series</b></p> <ol style="list-style-type: none"> <li>Counter Movement Jump CMJ 1x 5</li> <li>Tuck Jumps 1x 5</li> <li>Ankle pops 1 x 5</li> <li>Pushups (clap pushup if you can) 1x 5</li> </ol>
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## Competition Warmup Pre-Event

<p><b>Event Warmup Review</b></p> <ul style="list-style-type: none"> <li>To be completed before event.</li> <li>Should be timed to be completed 10-12 minutes prior to the event start.</li> <li>Upon completion get your dry robe on stay warm</li> </ul>	<p><b>Initiate</b>                  Skipping- 3-5 minutes                  Jumping jacks and Jimmies 1x10                  Mobility- Roller</p> <p>Upper back left/Right                  Front shoulders                  Hip Flexor (front)                  Glutes                  5 rolls/section</p> <p><b>Full Body</b></p> <ul style="list-style-type: none"> <li>Reach and Hang</li> <li>Tilts</li> <li>Hip rotations</li> </ul>	<p><b>Leg Swing Series</b>                  -front to back                  -Across the front</p> <p><b>Arm Rotation series</b>                  -cross chest                  -Under over                  -Backwards                  -Forwards                  -Alternating forward and back                  -Single arm forward and backward</p>	<p><b>Jump Series</b></p> <ol style="list-style-type: none"> <li>Pushups (clap pushup if you can) 1x5</li> <li>Counter Movement Jump CMJ 1x 5</li> <li>Tuck Jumps 1x 5</li> <li>Ankle pops 1 x 5</li> </ol>
<p><b>Marshalling area Warmup</b></p>	<ul style="list-style-type: none"> <li>Skipping in place</li> <li>CMJ 3x's</li> <li>Jumping Jacks prior to block entry</li> <li>Body slaps- at the block just before start legs/arms</li> </ul>	<p><b>Focus</b></p> <ul style="list-style-type: none"> <li>Visualize race components</li> <li>Music – 2/3 song play list- upbeat happy, fast tempo</li> </ul>	<p><b>Focus</b></p> <p><b>Self Talk</b>                  Affirmations-<b>POSITIVE</b> phrases race specific</p>