

Otters Competition Race Preparation

1- Land Warm up

2- Pool Warm up

3- Snack / Stretch / Roller

4- Skins / Race Suit On

5- Speak to Coach (Tactics)

6- Go to Marshalling (Keep active and warm)

7- Race (At 100% effort always)

8- Speak to Coach (Feedback)

9- Swim Down (If Possible)

10- Snack / Drink / Stretch



10-15 Mins Race Warm UP

200 as 2x(50 Fc / 50 BC) rest 10 sec
2x75 as (25's Kick/Drill/Swim) rest 5 sec
4x50 VP (Focus on session events) rest 10
2 Dive Practices (Powerful breakouts)

If time 100 easy swim

20-30 Mins Race Warm UP

400 as 4x(50 Fc / 50 BC) rest 10 sec
4x75 as (25's Kick/Drill/Swim) rest 5 sec
4x50 VP (Focus on session events) rest 10
(30 mins warm up preform - Broken 200 or 100 or 50 with coach "timed")
2 Dive Practices (Powerful breakouts)

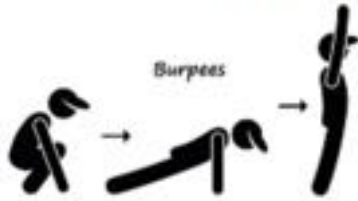
If time 200 easy swim



Raise (Heart Rate): 4 reps of 45 sec on - 15 sec off



Mobility: Supine Trunk Rotation - 10 on each side



Burpees



Prime: Head/Shoulders/Knees/Bottle (4 times)



Activation: Back Kick- 4 reps of 45 sec on - 15 sec off



Raise (Heart Rate): 4 reps of 45 sec on - 15 sec off



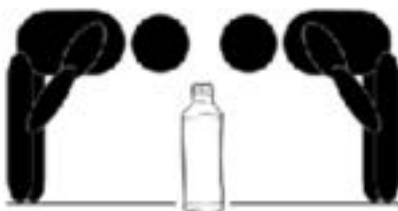
Mobility: Front to side - 10 on each side



Jumping Jacks



Prime: Partner Bottle Reaction (3 times)



Activation: Russian twist - 4 reps of 45 sec on - 15 sec off



Raise (Heart Rate): 4 reps of 45 sec on - 15 sec off



Mobility: Upwards/Downwards Dog- 10 on each



Prime: Power Press up (4 times - 5 sec down/ 1sec up)



Activation: Squat Jumps - 4 reps of 45 sec on - 15 sec off



Raise (Heart Rate): Walkouts 4 reps of 45 sec on - 15 sec off



Mobility: Superman Prone- 20 times



Prime: Power Jump with 45 degrees twist (4 times)



Activation: Alternate Crunches - 4 reps of 45 sec on - 15 sec off



Eating at Competition

The nutritional demands of a swim meet are quite different to a normal training day. You should carefully consider what and when you are eating in order to maximise your racing performance.



Here's a quick guide of nutrition Do's and Don'ts on race day

RACE DAY NUTRITION DO'S & DON'TS		
✓	KEEP THE QUALITY HIGH	Race day isn't an excuse to eat junk food and low quality snacks. Continue to focus on nutrient-dense foods just as you would at home.
✗	OVEREAT	Unless you are swimming multiple events or rounds in the same day then your energy needs will probably be lower than a training day.
✓	HAVE A PLAN	Don't leave things to chance. Bring snacks/meals with you and always know where you can access good quality food close to the pool.
✗	PANIC EAT	Don't cram cereal bars and energy drinks just before you race. These won't have time to digest and may cause stomach upset.
✓	USE FLUIDS IF YOU'RE FELING NERVOUS	Milk, smoothies and juices can be great sources of nutrition if you are nervous and don't feel comfortable eating.
✗	EXPERIMENT WITH NEW FOODS	Always trial new foods in training first, never on race day.
✓	SAVE BIG MEALS FOR AFTER YOUR RACE	Eat more after you race instead of before. Your biggest meal of the day should be at the end of the day after you have finished racing.
✗	FORGET TO DRINK	Keep sipping on water throughout the meet. You will lose a lot of fluid even when not racing.



Sample Meal Plan

(Base on 2 events in morning and 2 events in evening)

Activity	Time	Food
Breakfast <small>2-3hours before Race</small>	<small>(E.g. 01:00am)</small>	 +  + 
Snack <small>1-2 hour before Race</small>		 OR  OR 
Race 1 <small>Less than 1 hour before race</small>		 Post-Race  + 
Race 2 <small>Less than 1 hour before race</small>		 Post-Race  + 
Lunch <small>After All Morning Races</small>		 +  + 
Rest <small>Away from the Pool (Fresh Air and Sun)</small>		 + 
Snack <small>1-2 hour before Race</small>		 OR  OR 
Race 3 <small>Less than 1 hour before race</small>		 Post-Race  + 
Race 4 <small>Less than 1 hour before race</small>		 Post-Race 
Evening Meal		 OR  OR 
Pre-Bed Snack		 OR  OR 

