

Newmarket Swimming Club

Pre-Swim Preparation

- Eat 2 hours before you swim
- Drink around 1 litre in the 2 hours leading up to your swim
- Try to relax an hour before you swim
- Go to the toilet
- Do a land warm up and stretch 15 minutes before you swim
- Have all your equipment ready and be ready to swim at your start time
- Don't swim if you are ill, especially if you have an open wound or upset stomach

During the session

- Warm up slowly, gradually build up speed
- Drink small amounts after each set
- Toilet breaks are built into the sessions
- Swim full lengths, do correct turns and avoid cutting corners
- Make sure you start and finish every length correctly

Post swim

- Swim down to relax muscles and practice your strokes
- Stretch legs and shoulders
- Have a hot shower
- Eat but try and avoid sweets and crisps.