

## **WARM-UP ROUTINES FOR MASTERS SWIMMERS**

By Jason Marsteller

*Swimming World Magazine* interviewed four Masters swimmers to find out their thoughts and schedules for one of the most important parts of any practice--warming up. Read what they had to say in the magazine's September issue.

One of the swimmers interviewed was Barbara Hummel, who competes for the New England Masters in the women's 50-54 age group. She has held countless age group national records in swimming and is a veteran of two Olympic Trials, ten marathons and many triathlons.

In the magazine article, Hummel discusses her normal warm-up routine in very specific terms. Following is her routine when she gets closer to competition:

"When it gets closer to meet time--like two weeks out--I will stop using fins for warm-up because you can't use them for a meet warm-up.

"I'll substitute lots of EZ breaststroke drills, like pulse breaststroke for the dolphin kicks, and I'll substitute backstroke or 2L/2R backstroke for the flutter kick.

"I'll do the exact same warm-up in these practices that I do in a meet, just so I have a game plan when I get into a crowded meet warm-up situation.

"At a meet, I try to do most of the warm-up in a side pool or side lane, where I can go at an easy pace. I'll move into the competition lanes only at the end--to study the pool."