

# Warming up before play

A good warmup before any exercise is important for two reasons:

- Being able to perform at maximum level
- Avoiding injury

Before beginning the water warmup (for hockey), stretching should be done.

In water warmup, you're trying to do several things:

- Loosen joints
- Increase heart rate
- Acclimate body to breath holding
- Combine relaxation and athletic effort
- Mentally prepare

A couple of sample warmups:

Base warmup

Begin on:			Cumulative
30	200 Swim	4:00	4:00
00	6 x 50 (2 x E,M,H)	1:00	10:00
00	50 EZ	1:00	11:00
00	50 BOGDAT	2:00	13:00
00	50 Finger Walk	2:00	15:00
00	100 HUHO	1:50	16:50
50	100 HOHU	1:50	18:40
40	100 UOUO	2:00	20:40
40	100 OUOU	2:00	22:40
00	50 EZ	1:00	23:40
00	50 FU sprint		25:00
	100 EZ		27:00
	=1250 yds	~27 min	

Short Warmup

Begin on:			
00	100 Swim	2:00	2:00
00	100 HUHO	1:30	3:30
30	100 HOHU	1:30	5:00
00	100 UOUO	1:30	6:30
30	50 EZ	1:00	7:30
30	50 FU sprint		9:00
	100 EZ		11:00
	= 600 yds	~11 min	

Acronym translations:

E,M,H = easy, medium, hard (so the 6 x 50 is one easy, one medium, one hard, one easy, one medium, one hard). Hard should not be all out, but should make you work a bit.

EZ = easy.

BOGDAT = Breathe Once, Go Down, And Touch. Repeat this down the pool.

Finger Walk = Walk with your fingers along the bottom of the pool. Stay relaxed & breathe as necessary.

HUHO = Half Under, Half Over ( $\frac{1}{2}$  length underwater,  $\frac{1}{2}$  length on surface).

HOHU = Half Over, Half Under.

UOOU = Under, Over, Under, Over (1 length underwater, 1 length on surface, 1 underwater, 1 on surface).

OYOU = Over, Under, Over, Under.

FU = Full Underwater (do a 50 underwater; if need to breathe at midpoint do so).