

Warm-Up Schedule

Due to the number of swimmers in different age groups we have allocated lanes for all 4 warm-up's for each club. Coaches can decide how they wish to use them.

Session One

<u>Warm up 1 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hitchin (11)	Ware (10)	Harlow (13)	Harlow (13)	Bishop Stortford (10)	Bishop Stortford (10)
<u>Warm up 2 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hitchin (11)	Ware (10)	Harlow (13)	Harlow (12)	Bishop Stortford (10)	Bishop Stortford (10)
<u>Warm up 3 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hertford (10)	Hertford (11)	Harlow (12)	Harlow (12)	Bishop Stortford (10)	Bishop Stortford (11)
<u>Warm up 4 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (8) Wellingborough (1)	St Albans (10)	Hertford (10)	Hertford (11)	Bushy (12)	Bushey (11)	Bishop Stortford (11)	Bishop Stortford (11)

Session Two

<u>Warm up 1 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hitchin (11)	Ware (10)	Harlow (13)	Harlow (13)	Bishop Stortford (10)	Bishop Stortford (10)
<u>Warm up 2 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hitchin (11)	Ware (10)	Harlow (13)	Harlow (12)	Bishop Stortford (10)	Bishop Stortford (10)
<u>Warm up 3 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (10)	Hitchin (11)	Hertford (10)	Hertford (11)	Harlow (12)	Harlow (12)	Bishop Stortford (10)	Bishop Stortford (11)
<u>Warm up 4 (13 Minutes)</u>							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Cheshunt (8) Wellingborough (1)	St Albans (10)	Hertford (10)	Hertford (11)	Bushy (12)	Bushey (11)	Bishop Stortford (11)	Bishop Stortford (11)