Why Does VAST Make You Warm (Cool) –Down At Meets?

What Is A Warm Down?

- **One of the most important and most often neglected postrace and posttraining procedures for swimmers is to warm (cool) down.**
- **After a race or a hard set, athletes should always try to swim easy for at least 400 yards, minimum.**

We Just Swam In A Meet And Coach Tells You To Swim Again & Easy.

Why?

- **Swimmers recover faster from the swim or set when they do so.**
  - **Actually twice as fast or in half the time.**
    - **Truth = It takes an athlete 1 hour to fully recover from an intense set or an intense swim in which they gave it everything they had.**
    - **HOWEVER = If a swimmer warms down after that set or after that swim, it only takes 30 minutes for them to fully recover from the set or swim.**

How Long Am I Supposed To Warm Down?

- **10 to 20 minutes is the recommended length for recovery swims at a speed 30% to 50% of maximum speed and it doesn't matter what hard set they just did or what event they just swam, it matters what their blood lactate level is at.**

What If I Don't Warm Down?

- **Then your chance of swimming well in the next race/set is significantly decreased.**

Scientifically Why? (This May Be Over Your Head!)

- **Because the rate of lactic acid (name given to acidosis or fatigue, which needs to be removed) removal increases through a mechanism called the muscle pump.**
- **The contraction of muscles during a warm down exerts a squeezing effect on the veins that pushes blood back to the heart at an accelerated rate.**
- **Because of this increased rate, lactic acid is removed faster from the blood to the heart, liver and other muscles where it is metabolized.**
- **With warm down more lactic acid can leave the muscles where it was produced and enter the blood, where it can be removed more quickly.**

- **Warming down also permits a faster recovery because it removes carbon dioxide from the muscles and delivers oxygen to them at a faster rate.**
  - **This causes more blood to reach the lungs each minute, where it will give up its carbon dioxide and take in oxygen.**
  - **The oxygen can then be transported to the muscles, where it will increase the rate of lactic acid removal by aiding in the metabolism of that substance to glucose.**