

## Why Is A Warm Down So Important?

There are plenty of swimmers that overlook the benefits of the warm down when swimming. This is perhaps understandable. If you have just spent a good few hours hurting your muscles in the pool, the last thing you probably want to do is hop back in. Or, if you were in a race and it didn't go your way, you're probably not that eager to jump back into the water. Still, you shouldn't pass up the opportunity to complete your warm down, and there are a few reasons why this is the case.

### Reset Your Mind

The first benefit is that a warm down actually helps you reset and refocus. You probably thought that a warm down was only beneficial to your body, but this isn't the case. Hopping back into the water and completing a few gentle strokes will allow you to reevaluate your performance with a clear mind and consider what went wrong. Swimming can be incredibly relaxing, and it's a great way to wind down after a long workout or indeed, a difficult race. Some people, however, may not want to get back in the pool after a very tough race or sessions, this fine, lots of pools have other gym facilities that you could possibly use.

### Return To A State Of Rest

As well as this, the right warm down will allow your body to return to a state of rest. This will ensure the recovery of your neuromuscular system and the flushing of lactate. Essentially, you need to keep your body healthy if you want to continue to perform at your best levels.

### Help Your Body Heal

It's fair to say that racing or even training in the pool can be intense. You can work your muscles to the point where you start to feel pain, particularly if you are constantly working to improve your performance. You might not be aware that a warm down can help your body heal after this type of heavy workout. As well as this, it will also help your brain. Warming down has been shown to be relaxing and benefit your mood. As such, you'll feel far better about yourself after a race. An excellent companion for recovery is [compression clothing](#). Compression tights and compression tops have been developed to assist your body in recovery, as well as prevent injury during a workout. The recovery stage works by promoting a good blood flow thus allowing your heart to remove lactic acid that builds up in your muscles and causes muscles to ache.

### Let Your Nervous System Recover

Another major benefit that you need to consider is the impact that warming down has on your nervous system. After a race or a heavy workout in the pool, your nervous system also needs to recover. According to a study, those who warm down for twenty minutes are far more likely to improve their performance the next time they race compared to those who do not engage in a recovery session. As such, by warming down, you can actually avoid the issue of neuron fatigue completely which constantly plagues all athletes including swimmers.

### Does A Warm Down Need To Be In Water?

Finally, you might avoid the warm down because there is typically not a warm down pool available after a race. But you shouldn't let this stop you from giving your body and indeed your mind the warm down it deserves. There are plenty of alternative options to consider. For instance, you can just complete arm and leg swings in the shower. Or, you could think about spending a bit of time on an exercise bike.

**A warm down is not to be overlooked, it will help you physically recover and help your mind rest. Whether you had a good or bad time in the pool, try your best to leave it there.**