

# Acute Effects of Different Warm-Up Protocols in Competitive Young Swimmers

NCT07240597

---

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Palermo
Enrollment	15 participants

## Key Eligibility Criteria

---

### Inclusion (2)

- Active participation in competitive training programs (at least 10 hours per week), at least one year of experience in competitions organized by the Italian Swimming Federation, and no recent injuries.
- Experience of resistance training for at least 6 months

### Exclusion (2)

- Irregular training participation
- History of injuries in the 6 months prior to the study

## Locations (1 total)

---

A.S.D. Swim Power, Bagheria, Palermo, Italy