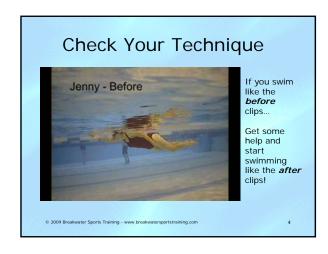
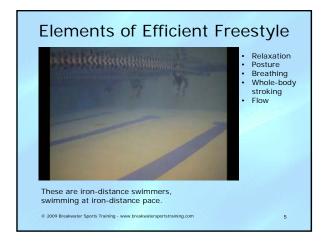




Before getting into open water, learn basic swimming skills. Relaxation – work with the water Posture – shape and align your body Breathing – controlled Whole-body swimming Flow – even, economical stroking





Safety Considerations Never swim alone Use a high visibility cap (white or yellow) Never dive without knowing the depth Know the bottom conditions Good rule of thumb: Don't put your foot down if you cannot see what you are stepping on. Water quality Surf and current conditions Water temperature (50-50-50 rule)

Wetsuits

- You need one to be:
 - Warmer
 - Faster
- Selection (try several)
 - Styles: Full, Farmer John or Jane, Shorty
 - Sizing: you will need to breathe; you will need flexibility around shoulders



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Wetsuit Use Tips

- Practice and become comfortable with your wetsuit(s)
- · Use a lubricant to avoid chafing
 - Keep it off hands if wearing rings
 - Do not use Vaseline (dissolves glue)
 (Avoid catastrophic wetsuit failure!)
 - Caution on using vegetable oil (PAM)
 (How to grow things on the inside of your wetsuit...)

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Goggles



- · Bring two pair
- Larger models provide more warmth in cold open water
- Tinted usually best for outdoors
- Use clear for late-in-the-day outdoor swims or pre-dawn irondistance starts
- · Will fog more readily in cold water
- Defogging tip Drops from dive shop or Baby Shampoo
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Caps 80% of body heat loss is from the head • Lycra – no warmth • Latex – a little warmth • Silicone – better warmth • Neoprene – lots of warmth, maybe too warm for some conditions • Double up when cold



Neoprene Gloves & Socks Improve comfort while training Extend training season Cannot race with anything on hands or feet Select models that fit snugly and will not scoop water Will not scoop water

Know the Course

- Distance of each leg, how to sight
- Type of start mass or waves
- Water temperature
- Sea conditions: surf, swell, chop, current (seaweed, jelly fish, etc.)
- · Swim once before the race
- Ask paddlers about conditions

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Open Water Warm-Up

- Especially important in cold water or for short course races if you will be swimming hard
- Short, easy jog to elevate heart rate
 - Do this before or after putting on wetsuit
 - Reduces shock effect of cold water
- · Easy 5-minute swim to:
 - Get a feel for water conditions
 - Collect thoughts and get relaxed
 - Get stroke into a groove
- Avoid warming up too early: At a race, if there is a long wait before your wave starts, you may get cold.

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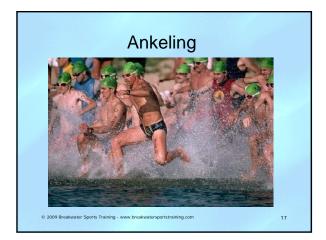
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Starting Where to start: Middle? Side? Front? Back? Mark Allen's advice for Iron distance starts: "Swim the first 400 yards slower than you ever thought possible." 2 2009 Breakwater Sports Training - www.breakwatersportstraining.com 15

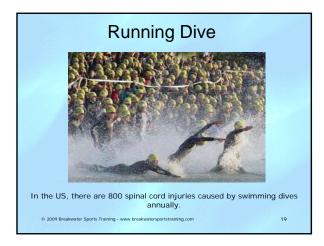
Starting Skills

- Ankeling
- Dolphining
- Running Dives

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Dolphining

- Series of dives until it is too deep
- · Push off bottom, dive forward
- Looks cool at the pool, but in most events you will not get to do more than one or two of these, and the dangers outweigh the benefits.
- See pool clip...

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Dolphining

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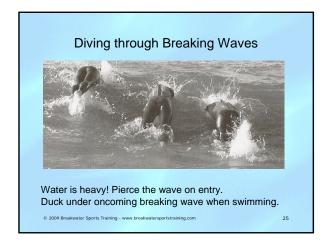


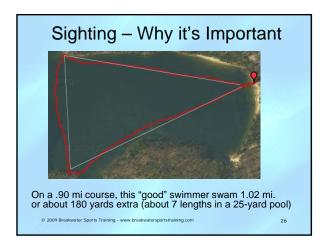


Surf Entries

- · Know what the bottom is like.
- Be aware that some waves break on sandbars – you may go from knee deep to ankle deep where the waves are breaking.
- In deeper water, dive or duck under the waves.

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Sighting Frequency

- Sight frequently while learning what frequency is right for you.
- Then KEEP sighting a little more frequently than that!
- Practice sighting in the pool.
- Practice sighting in open water.

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Sighting Technique

- Forward sighting is best.
- Disrupt balance and momentum as little as possible.
- Like breathing sighting should disrupt your stroke as little as possible.
- Look-back sighting useful on long swim legs or in strong currents
- · Practice sighting in the pool.
- Practice sighting in open water.

Non-Sighting Strategies

- · Go with the pack
 - Try to keep as many bodies to your left as to your right
- Draft a faster swimmer
 - Let that swimmer do the sighting for you

Caution when using these strategies:

You may be led off course. You still need to sight for yourself once in a while.

Forward Sighting



- KNOW what your are looking for.Lift eyes just enough to see target.
- Adjust course if necessary and get head down.







Drafting

- Legal in triathlon swim leg
- · Practice with a friend
- Some people resent
- Best candidate is an experienced swimmer slightly faster than you
- Finding a person to draft in a multiplewave-start event can be tricky

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Drafting - Who Uses It?



The better the swimmer, the better the drafting skills. This is the pro start at Kona.

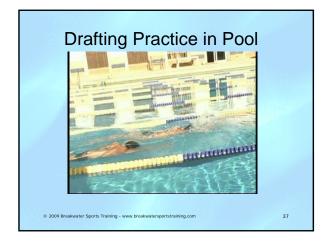
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Drafting Positions

- On toes of leader best draft effect
- At hip (your head at leader's hip)
- Between two swimmers
- Practice in the pool...

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Alternative Drafting Strategy: Don't Draft!

This is the advice of Alex Kostich, U.S. Open Water Swimming Champion. Search for his article on Active.com.

- Discomfort factor
- · Hinders technique
- Visibility problems
- · False sense of speed

In shorter races or multiple-wave-start races, it may be best not to draft.

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Turns

- Turn close to the buoy (go wide if you are uncomfortable with crowds – turns are a bottleneck)
- Rolling 90-degree turn
- Do not sight too often approaching the turn
- Practice in the pool, and practice in open water...

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Deal with Race Conditions

- Adverse winds
- Currents
- Aggressive swimmers
- Nausea or sea sickness
- Debris, seaweed & creatures (jellyfish)
- Stay in control of your emotions
- Stay in control of your race

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Panic?

- Happens even to some experienced swimmers
- Can be triggered by cold, adrenaline, unexpected bump, etc.
- Roll onto back
- Practice deep breathing, focusing on exhaling (we tend not to exhale)
- Better to take a minute and restart when you are more relaxed.

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Exiting the Water • Before removing goggles and cap, get started on wetsuit removal. (You will need your hands.) • Balance problems? Ear plugs help some. Neoprene cap helps others. (Balance is an inner-ear thing.) • Most importantly: SMILE! This is where most pictures get taken...

Transition #1

- Be calm & in control. It's easy not to be!
- Take positives with you.
- Leave negatives in the water.
- Don't focus on what went wrong in the swim. (There will be of time for that later!)
- Practice! Even pros sometimes make mistakes in transitions.
- · Be aware of post-swim hypothermia.

Practice often in open water, in all (reasonable) conditions

Be prepared for:

- Adverse winds
 - Currents
 - Discomforts (nausea or sea sickness)
 - Debris, seaweed & creatures (jellyfish)

Work out in the open water, varying

- Duration
- Intensity
- Intervals

Do not just swim the same distance, at the same speed every day.

Jump in and have fun!



Any questions?