

## Open Water Swimming Reminders – 2022

### Swim Effort

- **Race Effort** - Sprint (1-2%)- Steady (97%) – Sprint (1-2%)
- **Sighting** - Every 10 strokes at first, then 20-30 strokes.



Tip - Time your sighting to happen just before you're going to take a breath. Lift your eyes out of the water by pressing down lightly on the water with your lead arm (in this example your right arm). Only lift up enough to get your eyes just out of the water. Your left arm will have now started recovering over the water, as it does so turn your head to the right with your body to breathe. As you do so, let your head drop down in the water to a normal breathing

**Breathing** - Bilateral (is best) and sight often (if on your own). Breathe away from the chop/wave if you can. Tip: Use the lead swimmer to sight for you – i.e. follow them!

### Strategies

**Draft** - Stay in bubbles of or at hips of faster swimmers. This saves 18 to 25% of the energy expenditure. In a race it makes perfect sense to capitalise on this source of free speed! The turbulence will disrupt your stroke rhythm, and this can feel off putting at first but don't be tempted to seek out clear water. The benefits of being in this draft zone are huge and by becoming accustomed to it you will be able to swim much faster than you otherwise would.

**Observe** - Wear clear goggles

**Landmarks** - Pre-sight large, stationary objects beyond buoys

### Techniques

- **Recovery** - Straighter arms in choppy water
- **Tempo** - Slightly quicker with less kicking
- **Sighting** Two to three consecutive strokes only (eyes just clear of water)

### Cautions

- **Contact** - Prepare for 'bumping' at the start and at the buoy turns
- **Objects** - Things floating only seem like scary creatures
- **Wierdos** - Sometimes people do strange things