



## OPEN WATER SWIMMING

- Feeling comfortable in the water - experience, conditions
- What to wear
  - Proper wetsuit fit/putting on your wetsuit
  - Goggles or masks? Booties/neoprene caps
- Water conditions - current, swells, temperature
  - Know where the current will take you
  - Keep a shorter, faster stroke in rougher water
  - Get used to cold water before the race
- Warming up before the race - can you get in?
- The start
  - Position yourself correctly - front or back? left or right?
  - Drylands running start vs. in water start
- The finish
  - When to start dolphin diving or when to get up and run
  - Lifting the legs when you run
- Knowing the course - planning your route - sighting
  - Check out the course before the race
  - Keep head just above eye level to sight
- Making your space
- Rounding buoys
- Breathing to both sides
- Drafting

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