



## Health Club & Spa

### SWIM TIPS

- Warm up is key. Please do a minimum of a 10 minute easy warm up focusing on water feel and body position. Check your goggles for fit, and fog on warm up. Know the depth and if you will run in or water start. Know how many dolphin dives you can do if any on both entry and exit. Know the current and use it to help you.
- Your swim cap that we provide for you signifies which wave you will swim in for the race.
- In the staging area with your wave, line up on inside of the 1<sup>st</sup> buoy if you are a confident swimmer and do not mind the crowd at the first turn. Line up on the opposite side of the 1<sup>st</sup> buoy turn to avoid the bottleneck at the 1<sup>st</sup> turn if you want to play it SAFE. Start near the back if slower or get out front if you are strong enough to be aggressive and don't mind the crowd.
- If the water line is below your knees run through the water. If the water line is between your knees and belly button then do dolphin dives. If the water line is above your belly button then swim.....
- Wear goggles under your cap to protect them from getting knocked off.
- If wearing a wet suit be sure to apply lots of Pam and tuck zipper pull under collar of wet suit at neck for easy to reach placement.
- RELAX your breathing. Focus on blowing your bubbles and RELAX your breathing.
- Remember if you need to take a break no problem – any stroke is fine and you can even run through the water if you prefer and can reach.
- Always keep your buoys on the correct side of you based on the race course – if you are not on the correct side of the buoys then you are not allowed forward progression.
- On the return to shore, look for the swim finish banners or bigger marker. Buildings on land are best to sight.
- Again know the depth and how many dolphin dives you should be able to do to exit so you can pace yourself properly. When your fingers touch bottom, then start dolphin dives or running through the water. Start thinking about how you are going to approach the bike transition.