

COLD HALF PREP GUIDE

A swimmer wearing a pink swim cap and a black wetsuit is captured in the middle of a stroke in a body of water. The water is splashing around the swimmer's head and arms, creating a dynamic and energetic scene. The swimmer's right arm is extended forward, and their head is partially submerged. The background is a soft, out-of-focus view of the water's surface.

“Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves.”

-Kieren Perkins

Australian Olympic gold medalist in the 1500 Free

P R E P

Safety:

- Inform yourself of the water conditions and tides.
- Check the weather forecast.
- Learn how you to calm yourself when faced with something unexpected in the water.
- Take a (warm) drink and snacks for during your swim and for recovery afterwards.
- Make sure you have emergency numbers from organiser.
- Check in with your coach on arrival, and once you've finished.

Packing list:

- Sunblock.
- Nutrition & hydration to last a minimum of 4 hours depending on your speed – more is better than not enough.
- Swimsuit, goggles, cap – bring a spare of each.
- Wetsuit (if you're in the wetsuit category).
- You can feel dizzy after a long swim in cold water. Using earplugs could prevent these symptoms.
- Vaseline – make sure you apply around your neck and any other areas to avoid chafing. It is difficult to apply in the water – be generous at the start. DON'T get any on your goggles.
- Warm clothing – bring spares in case they get wet.
- Towel.
- Phone – make sure it's charged enough to last the whole race.
- Waterproof bag/cases for all of the above.
- Any medicine that you may need – i.e. inhaler if you have asthma.

Nutrition suggestions:

Ensure that you have food and drinks that you can hold in your stomach. Use things you are used to – do not try something new on race day.

Food: Make sure food is edible in the water – spaghetti Bolognese isn't a great choice...

- Energy bars – half bar on each stop + hydration.
- Bananas.
- Peanut butter sandwich.
- Energy gels.

Hydration: Make sure you have enough fluid for whole race – 3x750ml sports bottle per person minimum.

- Water.
- Energy drink – we recommend High 5 diluted in a 2:1 ratio.
- Thermos with tea or hot drink.
- Coke.

SWIM

Before the start:

- Drink just before your swim to prevent muscle cramps.
- Eat suitably before your swim so you have enough energy to maintain your body temperature – with a wetsuit it shouldn't be too much of a problem.
- If the water is too cold, then do a dryland warm up.
- Activate your hands and feet to increase circulation to them.
- Activate your shoulders if in wetsuit.
- Make sure you have the correct goggles (anti-fogged) and cap.

Start gradually if the water is very cold:

- Enter the water slowly.
- Splash your face and neck to get used to the water temperature.
- Swim a few strokes with your head out of the water and control your breathing.
- Introduce your head into the water gradually.

During the swim:

- When swimming close to the shore, make sure that you stay about 20m away from the coast.
- Trust your paddler to give you directional feedback.
- Communicate with your paddler when needed.
- Drink at every 45 - 60 mins – have some sort of feed plan with your paddler.
- Eat snacks or gels to maintain energy levels.
- Keep feed stops short in order to avoid getting cold – 60 seconds max.
- For relay teams, keep in mind the other swimmer will need to prep themselves prior to the changeover.
- If you lose your boat/kayak do not panic – they will find you or re-join you in a more suitable place. Their job is to find you, your job is to swim.
- If the boat/kayak are gone for extended time then communicate with closest kayaker or boat to inform race support crew, if far then raise hands and shout for attention.

Swimming style:

- Don't go out too fast, you have a long swim ahead of you.
- Low effort kicking in freestyle, focus on a 2-beat kick with $\frac{3}{4}$ catch up stroke.
- If your feet start getting cold, then increase to 4-beat kick then back down once they warm up a bit.
- Relaxed and efficient freestyle stroke.
- Plenty of sighting.

After swim:

- Exit the water carefully, your muscles can be stiff after swimming in chilly water.
- Wrap a towel around you, drink a warm drink and warm up slowly.
- Take off your wetsuit and swimsuit and put on warm clothes.
- You can feel dizzy after your swim, especially after a long distance swim or a swim in cold water. Take your time to stand up on the beach.

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Notes for kayakers

Prep:

- Have a laminated copy of the course map and know all of the sight markers along the route.
- Ensure that all bags on the kayak are waterproof.
- Ensure that you know the contents of individual bags to avoid searching for items during the race.
- Ensure that all bags on the kayak are secure and accessible.
- Make sure that your phone has a waterproof case or bag – good to have water-proof case that you can strap around your neck or to your arm. You do not want to lose your phone in the ocean!
- Ensure that you have enough warm clothing – bear in mind that your lower half will probably be wet for the entire race. Your feet will be cold: if you have waterproof diving shoes then it is a good idea to wear.
- It will be tricky to balance during race, so the more accessible things are, the better.
- For yak relay teams - have your wetsuit on your lower half for the whole race. You can put on the upper half later.

During the race:

- Stay on the breathing side of your swimmer for easy communication.
- Guide your swimmer to ensure they are using good sight lines. You can see much better than them.
- When close to the coast stay on the outside of the swimmer, guide them to stay 25 - 30m away from the coast.
- Ensure that nutrition and hydration is easily accessible on the kayak.
- Prepare nutrition and hydration in advance of feeding the swimmer. Agree before the race on communication – i.e. 10 mins warning prior to feed. Remember, it's all flexible– the swimmer will tell you what they need, you are the support.
- For relay teams, be careful when you enter the water or climb onto the kayak, they are easy to capsize.
- If a capsize happens do not panic: right the kayak, get on, collect any bags or equipment that may be floating in the water, then re-join and attend to your swimmer.
- Keep your eyes on your swimmer at all times. It can be difficult to find them if the conditions are not flat. The further apart you get, the harder it is to locate them.
- If you have any concerns before the race, bring it up with your coach

The main thing is have fun and enjoy the swim!!!!



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