

# Jump into the swim!



Swim up to 300m...



...cycle up to 12km...



...and run or walk up to 5km.

Hi,

For most budding triathletes, swimming is the biggest hurdle of the three triathlon disciplines. However, with some focussed training, sufficient race day preparation and a positive attitude, the swim could soon become the most enjoyable section for you come event day. While swimming efficiently can be the most technical of the three disciplines, some simple tips can really make a difference to your progress.



## Technique and Training Tips

If you can train yourself to enjoy swimming, that's the biggest hurdle out of the way; it will make you feel more excited about the day, more confident in the water and your training will become fun!

It's also a really good idea to get some coaching or train in a group as you can get useful feedback to help your technique. If you swim on your own, make sure you set yourself distance goals for each session and then try to increase these more and more every week. You can't be great overnight but monitoring your improvements over time will give you great motivation to keep going. [Entering](#) and keeping event day in mind is also a great way of keeping the training and excitement up!

Get into the practise of swimming with bilateral breathing (that's every three strokes), this means you will be balanced and will have the option of choosing which side to breathe when you're in open water

Finally, make sure you look where you're going! Every 9 - 10 strokes take a look up by poking your eyes out of the water like an alligator to sight the buoys.



## Equipment

It pays to have a good pair of goggles. Just make sure they have good clarity and are comfortable; it's not great not being able to see and having sore eyes all the time during training and then again on race day.

Many women just wear their togs for the swim section, but if you choose to wear a wetsuit, it should be a snug fit. To make it easier to get off in transition, apply baby oil to your ankles, wrists and neck line. Why not rent a wetsuit for the event; much cheaper than buying one and if you do decide to buy it after you've tried it, you often get the rental price off. The [2XU](#) store in Newmarket, Auckland offers rental wetsuits and NZ tri wetsuit hire can send their wetsuits to anywhere in the country if you can't find a local wetsuit hire service.

### On the Day

The swim's the first part of the event so get into the water before the race starts to acclimatise to the temperature. It's a great idea to practise running out of the water too so that you get a feel for how the sand or ground feels under foot

Most importantly, RELAX! Panicking wastes energy, tenses you up and will affect your breathing. There will be people around you doing their own thing but try to just focus on what *you're* doing and that will help you stay in control

If on the day there is a faster swimmer in front of you then try stick on their feet as the drag from the swimmer in front will save you energy and help you go faster!

And for those of you who have opted to take part in the duathlon instead, you don't need to worry about the swim section. Maybe these tips will entice you to enter a tri next time around!

Any questions or comments? Raise and discuss them on our [Facebook](#) page. And now you know the theory, why not [sign up to an event now?](#)



### Contact TriWoman Match-Maker

We know that some of you out there aren't keen on one or two elements of a triathlon and would like to tackle the Contact TriWoman as a team. If you're eager to hunt down one or two new team members then head to our [Facebook](#) page [discussion board](#) where we've created a place where you can find team mates in your area. It's more fun with three!

Haidee & Kate  
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