

web workout

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the workout

If the open water is not marked with distance buoys, set your watch timer for your aerobic pace for 100s to get an idea of your distance covered.

warm-up

- 400m, or time equivalent swim free

main set (open water swim skills practice)

- 5 sets of alternating 30s of sighting/navigation and 30s of eyes closed (use your watch timer to beep every 30s). Note that any veering off course may also pinpoint the need to correct part of your stroke since a dropping elbow on one side will result in a stronger stroke on the other side pulling you to one direction. This skill may also be beneficial during your event in order to tune out all the outside stimulus (including frightening looking water!) and focus on your on internal body and breathing. Learn to enjoy getting in the “zone” without the use of sight and feel for the bubbles of the person in front of you to draft in.
- 2x200m or time equivalent of 20 free style strokes, 5 back strokes—the use of periodic back stroke inserted into your freestyle teaches you to check out the pack behind you and the environment around you. Rest interval 20 seconds.
- 4-6x200m or time equivalent in a group. Rest interval 30s for base pace work in early season, or 4 minute easy recovery for faster than race pace effort done in race season. Practice with a group similar in ability in order to rehearse drafting and changes of leadership. Get comfortable passing with a strong kick, and being passed closely and still staying relaxed.
- 10x(50 strokes on as fast as you can/50 strokes off easy) Work the power and DPS.

breathing for wave conditions

- 9 minutes relaxed: 6x(30s of swimming breathing to the left, 30s of swimming breathing to the right, 30s of bilateral breathing).
- 3 repeats of treading water starts: 3x(1 minutes tread water [with hands out of water for advanced] followed by a fast start and 50m sprint), rest interval 1 minute.

exits and wetsuit removal

- Just because you hit the beach, doesn't mean your skills for the swim portion are over. Like the entry at the start of the race, exiting the water and removing your goggles, cap and wetsuit efficiently is another skill to add to your triathlon tool kit.

OPEN WATER WORKOUT

Get Moving Workouts. Check out these sculling workouts from USMS swimmer Lisa Lynam, director of the Women First Swim program in Austin, Texas and author of *Triathlon for Women: A mind-body-spirit approach for female athletes*. See related article in *USMS SWIMMER*, May-June 2007.

workout notes

Before working out in open water, consider these factors:
>>> **Safety:** Don't swim alone, and always know your limits. If the currents, tides, or waves are too much for

you, don't hesitate to stop and seek help from the life guards on the course. Consider what help is around in case of emergencies.

>>> **Wetsuits:** Use a well fitting suit to provide you with warmth and buoyancy, and more ease in the water.

>>> **Group Skills and Strategies:** Practice with a group will allow you to best develop your abilities to handle the challenges of open water in a typically chaotic triathlon swim.

