

## **Wharf to Wharf workshop discussion points**

Familiarity breeds confidence and confidence breeds success - meaning get out into the open water and get used to it. Your body will become adjust to the temperature, buoyancy and conditions.

### **Pre swim preparation**

Vaseline on cold spots such as toes, lower back and neck.

Baby oil on chaffing spots under wetsuit.

Swim cap compulsory. If feeling the cold wear two caps with race cap on top.

Wear goggles under cap so straps are less likely to be disturbed during the race.

Study the line you want to swim and reference points for navigation.

### **Warm up**

Will reduce the stress at beginning of the swim.

Gentle arm circles and stretches.

Get in and get total body submerged.

Swim until relaxed and breathing rhythm.

be close to shore for swim start 5 minutes before.

### **Swim**

Self seed yourself at the start line. There will be a lot of conjection at the end of the Wharf and during the first 200 metres. If not confident avoid the crowds but beware as you may find you have to swim past/over a lot of people if you're quicker than you thought.

Effective navigation involves minimal looking up and knowing what you're looking at before you start.

Look on top of waves.

Navigate using big apartment block and wharf - focus on end of wharf as you get closer but not at the beginning. Also navigate using the beach while breathing to the left.

Find a rhythm as quick as you can - breathing to a count helps this.

Minimise your looking up as much as you can providing you're going straight. Every 20 strokes for example.

### **After swim**

Get dry and warm quickly as the cold often gets to you once you stop.

### **Exercise practiced in the pool**

This was designed to prepare swimmers for possible stresses during the swim and for them to learn to deal with stress.

Head up swims (for navigation) - one length down to one stroke breath and look.

Goggle stress - removing goggles and putting back on while treading water facing the direction you swam from.

Freestyle/backstroke rotaions involving navigation.

Jam sandwich - group swimming minimal space.

Chase downs - swimming up to a line of swimmers and pushing through them.

Unfortunately the sea was not safe for the open water practical.

