

# Open Water – Pool workouts tips & drills

## Sighting:

To help you sight and navigate with the least amount of disruption to your swimming.

An economical way is to sight just before you take a breath. When your leading arm is stretched out in front, lift your eyes just above the water (minimal lift) then roll your head to the side to breathe.

A good sighting is a key to swim straighter between buoys or markers. Try to spot large fixed objects on the horizon (e.g. peak of hill, trees, building, etc.).

## Clearing goggles:

When you need to clear your goggles, roll onto your back while still kicking with an easy kick. Relax to breathe. Clear your goggles and replace. Roll back over to restart swimming.

## Turning technique #1: Arm - extended

To navigate turning around a buoy

If you are turning to the left around a buoy, keep your left arm extended in front. Paddle with your right arm and keep kicking. Your body will turn left. Restart your normal stroke after you have moved around the buoy. Reverse the procedure if you are turning right.

## Turning technique #2: Corkscrew Roll

To navigate turning around a buoy quickly and efficiently

If you are turning to the left around a buoy, begin by extending your left arm as you get close to the buoy. Roll your right shoulder up and back as you begin to corkscrew anticlockwise in toward the buoy. Turn your body as you recover the right arm into the water (while on your back). Continue to corkscrew and turn your body as you pull with you right arm and recover with your left arm (returning to your front).

Reverse the procedure if you are turning right.

## Inline drafting:

An inline drafting set is best performed with a group of swimmers similar in speed, 3-4 people works the best.

For example, in a swim set of short distances (e.g. repetitions of 100 m), the front swimmer should change every 33 m. Lets say Swimmer A starts in the front, with Swimmers B & C in line behind him/her. (Remember to stay close and swim right on the feet of the swimmer in front of you). After 33 m, Swimmer A will stop on the wall (in the corner of the lane) while Swimmers B & C turn and continue swimming. Swimmer A is now swimming behind Swimmer C. After another 33 m, Swimmer B will move to the back while Swimmer C leads the next 33 m. If the swim set has longer distances (e.g. repetitions of 400 m.), the front swimmer should change every 66 m.

## Turn @ the "T" (aka: No Walls):

The aim is to replicate open water swimming by turning at the "T" (mark at the bottom of the pool) or about one metre before you reach the wall. This removes the push off and a moment of rest at the wall therefore makes a long swim seem uninterrupted.

## Suicide set:

Always try to stay close and swim right on the feet of the swimmer in front of you!

Use the given distances, ex: 10m/20m/30m, as three points in the pool to turn around. First, push off the wall and swim to the first given distance (10 metres mark). Turn around at the marker and swim back to the wall.

Turn at the wall and swim out to the second distance (20 metres mark). Swim back to the wall. Finally, swim to the third distance (30 metres mark), turn, and come back to the original wall.

Do not stop until you have completed an out-and-back to each of the three distances. This is good practice for open water turns.