Triathlon/Open Water Swim Tips

- At the start of the swim, you will most likely be in a huge mob of people. Try your best to avoid the center of that group. If you're a really fast swimmer, head towards the front. Otherwise stick to the outside of the group with a clear straight line towards the first buoy. Be aware that you will most likely either run into someone or be run into at some point during your swim.

- Swim with the arms more than the legs… you will be using the legs for both the bike and the run, so you want to save those muscles.

- Drafting off other swimmers makes your swim a whole lot easier. The best way to do this is if you see someone who is swimming about the same pace or faster than you, follow them for a while and use their current. Try hard not to tap their feet, as this will disrupt their swim.

- Get good at those breathe and sight drills. When swimming open water, it's a good practice to do about 10 – 15 strokes, then do a sight breath to keep you on course. Try looking at the shore ahead and pick a goal. Maybe there is a red house on shore straight ahead; aim for it, and when you do your sight breath, just look for that red house – this will speed up your sight breaths. Don't use the buoy as a sight goal, as sometimes the wave and/or people can block where the buoy is in the water and when you do a quick breath sight, you might not see it.

- Be comfortable breathing on both sides of your body. If you're ever in an open water swim/tri race that parallels the shore, you might not be able to breath to a certain side of your body due to waves/sun, etc.

- Clear goggles may make it easier to see underwater, but think about where the sun will be during your swim race… it might be a good idea to get a certain shade of goggles so you're not blinded by the sun.

- If you're planning on wearing a wetsuit, make sure you have it properly fitted, and you've tried an actual workout with it on in the water. They do tend to make you float a little more. Also, be sure you know how to take it off when your body is all wet.

- Try to train in as much open water as you can… this will be the one of the best preparations!

- Relax and have fun! ☺

Municipal code regulates swimming along shorelines in Seattle. There are two sections of the Seattle Municipal Code (SMC) that address this activity. SMC 16.28.010 indicates that **swimming is prohibited except:**

1. in designated swimming areas

2. within 50 feet from shore, unless the swimmer is accompanied by a boat equipped for both boater and swimmer which is within 25 feet of the swimmer and have lifejackets for all swimmers.

SMC 18.12.180 states that watercraft cannot operate within 75 feet of a swimming beach, and powered watercraft cannot operate within 300 feet of a swimming beach.