

TFAC Swim Clinic

Thursday, June 4, 2020 ~ 5:00 pm

Opening Remarks

Julia Bachelder

Welcome and thank you!

What to Expect for Swim Clinic

Julie Marchese

- How many first timers? How many survivors?
- My short story.
- What is a Virtual Triathlon? Choose your event – do it your own time, your own place your own pace!
- Choose – Triathlon - swim (1/3 mile), Bike (15 miles), Run (3 miles) Duathlon run (1 mile), bike (15 miles), run (1 mile). Or event either as a relay. Modifying distances is fine, make them longer, shorter or whatever your goal is just make a goal and hit it!

Getting Ready for Race Day

Julie Marchese

1. For the swim portion for the Tri For a Cure, choose how you are going to complete it
 - You can swim in the ocean (like tri for a cure)
 - You can swim in the lake
 - You can swim in a pool
2. Make sure you have adequate safety precautions
 - In a pool, make sure there is a lifeguard. Ask them to help you count your lengths. They could be a great cheering squad!
 - Lake and ocean – wear a wetsuit, have a brightly colored swim buoy and brightly colored swim cap (pink, lime green, yellow) Have a support person on a paddleboard or kayak. **Do not swim alone.**
 - Swim buoy can be purchased on [Amazon](#).
3. Choose your distance – Tri for a Cure distance is 1/3 mile
 - Pool (please ask pool officials if they have 25-yard pool or 25-meter pool)
 - 1/3-mile swim in a pool that is 25 yards long = 550 yards or 22 lengths
 - 1/3-mile swim in a pool that is 25 meters long = 500 meters or 20 lengths
 - Lake or ocean – a GPS of some sort is needed for distance. Have your support person be in charge of tracking.
4. Places to swim.
 - Pools – public pools are starting to open. Please call first to find out schedule and how to book. Portland and Westbrook have great outdoor swimming pools. Pools are a great place to train.
 - Lakes – lots of lakes in Maine. Water great right now ...if you have family or friends that have a home on the lake go visit and go for a swim. If you are using a public area – please call to find out if it is open.
 - Ocean – ocean can be tricky. Best to pick a protected area to swim at. Watch out for rip tides and rough water. Willard Beach, Falmouth Town Landing, Kettle Cove. Some places are better if the tide is high or low, or in-between. Some areas like SMCC beach where Tri for a Cure takes place you cannot swim unless tide is 2 hours from high. So, be sure to check tides before doing an ocean swim.

Swim Tips

Kirsten Read

1. Training
 - What to wear:
 - Bathing suit for pool, ocean or lake

- Wetsuit - recommended for lake and ocean – tight fit get a tri wetsuit if you are purchasing one (not a surfing wetsuit). If you are borrowing one – make sure it fits tight and doesn't allow water to fill the inside. There are sleeveless and long sleeve versions – it's personal preference regarding extra warmth vs. range of motion.
- Swim Cap – brightly colored especially for lake and or ocean (NOT blue or white)
- Swim Goggles – good fit – some like darker lenses for open water
- Practice
 - Pool
 - ⇒ Drills <https://www.mytimetotri.com/training/swim/swim-drills-triathletes>
 - Lake and Ocean
 - ⇒ Sighting: When you start your swim, have a landmark in mind. Even if you are only going to swim 10 minutes in that direction and turn around, have something you are aiming at. Have your group all aim for the same point so you stay in a group.
- Tips for open water swimming
 - **Do not open water swim alone! Either swim with a friend or have someone accompany you on a kayak or paddleboard.**
 - Before swimming get total body wet – head included – put water inside your wetsuit
 - Do some bobs – jumping up and down to get heart rate up
 - Let your breath out in the water before brings your mouth out to catch another breath
 - Some people get dizzy in open water. This can be due to cold water in your ears or just motion sickness. Earplugs help tremendously
 - Tips for nerves.....

2. Race Day

- Choose what to wear
 - Are you doing the whole tri? If so, it's best to swim with tri shorts and tri top under your wetsuit.
- Choose your swim route in advance
 - Know where you are going to start and finish. Mark your turn around. Have someone at the beach to be there to be your wetsuit stripper! Much easier than having to take your wetsuit off yourself.
- Warm Up before you start
 - Get your whole body wet, do some bobs, swim 10 strokes out and 10 strokes back
- Safety
 - **Make sure you have swim support with you.**
 - Wear a brightly colored swim cap
- HAVE FUN AND HAVE FRIENDS AND FAMILY WAITING FOR YOU WHEN YOU FINISH!!! Then off to the bike!!!

Wetsuit Discounts

- Xterra – www.xterrawetsuits.com use PROMO CODE: C-SHEJAMS for 50-60% off

Tri for a Cure FAQs: <https://triforcure.org/faqs>