



TriLaVie® Triathlon Open Water & Wetsuit Summary

Martha Szufnarowski – Founder & Head Coach



“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”

Eleanor Roosevelt

As we venture into the open water, we'll take it one step at a time.

First, get experience in the pool. If you are a particularly challenged swimmer, attend Swim Velocity or engage in a private coaching session with me to ensure your maximum comfort and confidence.

Second, make our training in the lake a priority.

Third, know that we will be there to guide you at each exciting juncture of this journey!

Here are some thoughts for successful triathlon swimming:

1. Let the wetsuit be your friend. Embrace the buoyancy. Learn to relax in it and feel lighter.
2. Concentrate on the EXHALE and breathe rhythmically.
3. When the wetsuit does its thing, you can focus on form, efficiency and power.
4. Sight, sight, sight. Find a point on the horizon and look at it every 3-5 strokes.
5. The shortest distance between 2 points is a straight line – improper sighting is COSTLY in a race.
6. Avoid the on-coming swimmers! This is great race practice. If you can swim head on to swimmers, the race will be nuthin!!
7. Keep moving forward. Side stroke, back stroke, breast stroke, doggie paddle.. just move FORWARD.
8. Losing forward momentum is discouraging and inefficiency of the highest order.
9. Moderate your intensity and speed to feel comfort in the water. Worry about speed later.

Regarding Wetsuits:

1. Put it on inside-out to avoid tears and rips.
2. Be sure it is well fitted in the crotch area and up on the shoulders, and under the arms.
3. If it feels twisted or sagging before going into the water, it will only feel worse as you swim.
4. Acclimate in your wetsuit in the water (read: pee, but don't talk about it!)
5. Test and trust that your wetsuit will keep you floating.
6. Rinse well and dry inside out.
7. The MOST important aspect of comfortable swimming is a properly fitting wetsuit.

We'll integrate open water skills, training goals and bricks – swim/run combos!

At some point, we'll do optional “mock” triathlons at various locations.

If you are doing an early season race and you are unsure about open water after the group trainings, I recommend you take full clinics with me or get personal coaching.

Here's a promise:

You will loathe the pool soon. And after you swim in the ocean, you'll resent the lake!