

THE ISLAND EIGHTY™

1 MI SWIM * 66 MI BIKE * 13 MI RUN



MARCH 29, 2009

THE ISLAND FORTY™

1 MI SWIM * 33.5 MI BIKE * 5.5 MI RUN



26 LAST MINUTE TIPS FOR A FASTER OCEAN SWIM

Race Day

1. Know the beach conditions
2. Know the current's direction
3. Do a bottom check prior to warm up, checking for inshore holes
4. Warm up: Do a half mile run followed by at least a 500 yard swim
5. During the warm up, swim out to buoys and find your sighting points to the next buoy
6. If you wear a wetsuit, be sure it fits properly and is appropriate for ocean swimming
7. Don't over kick when wearing a wetsuit

Once the Gun Goes Off

8. Keep your focus - before and after the gun start
9. Be confident and trust your skills in the ocean
10. Don't be nervous: Relax, Breath, and Focus
11. Do not break your pace when sighting
12. Stay relaxed in the chop and don't fight the waves
13. Swim the shortest distance to shore even if the current is dragging you away from the finish line

Prior to your Next Race Day

14. Join a masters swim team in your area for best results
15. If not, download workouts and keep a journal
16. Train in the pool 80% of your swim workouts to swim faster in the ocean
17. Practice pacing in the pool with the pace clock so you know how to recover from unexpected expenditures of energy
18. Learn which side you drift to and correct your stroke
19. If you can not correct your stroke learn to compensate
20. Practice breath control in a pool for handling strong wave conditions
21. Find a qualified instructor or clinic to teach you ocean racing safety and skills
22. Learn to spot rip currents
23. Know the types of waves and how to handle them
24. Learn to dolphin and sand grab lunge
25. Learn sighting and navigation
26. Know your gear & get used to it before any race – never try anything for the first time on race day!