

Who am I and how did I get here?

- Coach at club, college, national team
- Represented USA
 - 7 World Championships
 - 3 Olympic Games
 - Pan-American Games
 - Pan Pacific Championships
 - World Cup Races
 - Select / Training Camps for USA
- It takes a village



Why open water?

- Life-long sport in naturally challenging environment
- No "best time" in a race
- 1K, 3K knockout, 5K, 10K, 25K – any distance, any age
- Traveled the world
- Learn to go with the flow



Characteristics of Open Water Racing

- Challenges – variables you CAN'T control
 - Course: lake, river, ocean, bay
 - Competition: varies by race
 - Conditions: rough, flat, salty, murky, cold, warm
- Role of a Coach is important
 - Understand strengths and weaknesses
 - Quickly adapt & find new strategies
 - Love creating training sets-scy lcm, ow
 - Keep calm & Carry on



Characteristics of Open Water athlete

- Adaptable
- Physical, Mental, Tactical
- Open Minded
- Be able to embrace the unknown
- Observant
- Coachable – communicate



All Athletes Are Different



Chip Peterson



Ous Mellouli



Haley Anderson



Elite Open Water Skills

Start/Finish

Drafting

Buoy/Turns

Sighting

Elements of the Race: Start

- Be ready when start goes
- Know the Course, Buoys, Distances
- Do you want clean water?
- Get into a rhythm
- Be flexible with spot in the pack



Elements of the Race: Drafting

- Best spot - feet or hip?
 - Can depend on course
 - Benefits of each
- Be close to lead swimmer
- Cannot impede another swimmer



Elements of the Race: Turns/Buoys

- In and out of turns
 - Protect your position
 - Speed up, in and out



Elements of the Race: Sighting

- Sighting
 - Course
 - Conditions
 - Competitors
- Lift head just enough for eye to see surface of water
- Sight into your breath
- Number of times depends on conditions



Finishes: Doha World Cup 2020



Post Race – Talk About It!



Preparation for Training Swim

- Clearly communicate what your sets will be
- Arrive early, stretch, remind group to be flexible with plans
- Set rules and expectations
- Have adjustable goals if new or first swim
- Put on sunblock or vasoline (lanolin if cold)
- Have someone on shore



How to Train In and Out of the Pool

- Speed
- Endurance
- Strength/Power
- Efficiency
- Mental fitness



Surround Yourself with Great People



From Rio to Russia



Competition/ Training Highlights



One Team One Family – Open Water

