



11 Key Elements to Planning Your Swim Route Efficiently in Open Water Swimming

Most Important: The most important issue of open water swimming is to swim the shortest possible route. (This does not mean that you can cheat!!!). Extra distance means Extra time and requires more energy. Here are a few points to help you plan your swim route efficiently:

1. What colour and shape are the buoys, how many and where are they?
2. What shape is the course and which way do you go?
3. Which way is the tide flowing or where are the rips etc?
4. Where do you stand on the beach or waters edge, where do you stand in the pack?
5. Is the start a deep-water start or beach shore start?
6. Which side of the buoys do you swim around?
7. Is the swim finish – deep water or beach run?
8. Where is the swim finish relative to the start area?
9. What land markers are available for you to use to navigate your swim? It is advisable to swim part of the course, as markers will appear very different looking from water level. This can act as part of your swim warm up as well.
10. If the swim is a shore start swim; how far should you run before you dolphin dive? Is there a sudden drop? Is there a steep or gradual drop etc? It is advisable to practice the start before you race.
11. How many people are in your age group?

Print this list off and ensure that you go through each of the 11 key elements above until it becomes second nature to you...and you do not have to go through the list. Once it becomes second natureyou are on your way to Thinking Like An OWS Champion.

Cheers Shelley Taylor-Smith

For more articles on how to achieve peak performance go to:

<http://www.thinklikeachampionclub.com/Articles.htm> Achieve Your Goals in 2009 with the 'Get Tough Coaching Program' 1on1 with Shelley Taylor-Smith begins 15th January 2009. Call Shelley directly on 0414 594 245 if you're keen!

7 time World Champion creating Champion Mindsets® with Taylor-Made Solutions!

PO BOX 254 HARBORD NSW 2096 AUSTRALIA T: +612 9939 0048 F: +612 9939 0078 E: champion@championmindset.com.au

www.championmindset.com.au • DANGEROUS WHEN WET PTY LTD TRADING AS CHAMPION MINDSET® CONSULTING ABN 50 084 623 941