

SETTING THE SCENE

The purpose of today!

- Generate some thought
- Touch on the basics
- Help you be well prepared
- HOPEFULLY learn something
- Learn to enjoy the process



SETTING THE SCENE

Format

- Pre Preparation
 - Getting it Right!
 - Everything prior to race day
- Event Day
 - In prep for race day





GOALS / EXPECTATIONS

What do I want to achieve ???

Do I - Just enjoy the experience?

or

• Do I - Have specific Goals!



GOALS / EXPECTATIONS

- · S.M.A.R.T
 - S pecific Set a very specific target
 - M easurable Yes/No
 - A chievable given the timeframe available
 - R ealistic is this realistic for ME?
 - Timeframe How long do I have
- Target a time for a set distance
 - Helps set target times in the pool (??? time per 100m)
 - Helps measure progress



GOALS / EXPECTATIONS

CAVEAT

TARGET TIMES ARE FOR TRAINING ONLY!

Never fixate on a time for the event.

- Wind
- Weather
- Currents
- Swell

You're playing with Mother Nature!





REQUIREMENTS

• PRIORITISE!

- 1. Injury Prevention
- 2. Sickness Prevention
- 3. The Right Swim Training
- 4. Is Gym Training Required
- 5. Nutrition
- 6. Mental Preparation Belief



Holistic Coach

PERSONAL NEEDS ANALYSIS

Where am I at ???

- Are my goals realistic
- Is my current training sufficient
- Do I need a world class gym program
 - Or even one at all ???
- Do I need a detailed Nutrition plan to support my goal
- What don't I know?

Be Honest



TRAINING

- Pool
 - Suitable Club/Program
 - Build the volume
 - Build the intensity
 - Pool perfect for measuring progress!

Remember those target times?

TRAINING

- Ocean
 - Get used to various conditions
 - Changes in technique
 - Breathing
 - Sighting
 - Using different muscles

TRAIN FOR THE WORST - EXPECT THE WORST

Be Prepared

Jay Prchal

Holistic Coach



TRAINING

• GYM

- Focus on injury prevention.
 - Conditioning
 - Strength
- Improve overall strength
 - Strength training IS a method of injury prevention

BODY MAINTENANCE

Know who to access and when!

- Remedial Massage
- Chiropractor
- Physiotherapist
- Meditation Nervous system rest/reset



FACT – exercise instigates a state of Fight or Flight

MANAGING FATIGUE

- Nutrition General
 - Ensure calorie balance Energy in >= Energy out
 - Enough Protein
 - Hydration Electrolytes
 - Supplements?
 - For Event What's your nutrition plan?
 - Practice strategies NOW not on race day!
 - Have a nutrition plan leading up to and on race day (Include Post Swim recovery)



MANAGING FATIGUE

- Rest
 - How much rest do I need day/night
 - Sleep duration/quality
 - Meditation Nervous system rest/reset
 - Listen to the body



MANAGING FATIGUE

- Mental Preparation
 - · Am I good enough, Can I do it!
 - · What If I fail
 - List all possible outcomes
 - Mental prep what each scenario feels like
 - Acceptance of ANY outcome!
 - Once truly accepted, it no longer consumes energy!!!
 - · Why do this?
 - Manages the Ego
 - Calibrates Expectation
 - Limits Internal (Perceived) Pressure
 - Mitigates the Manifestation of an Injury



TECHNIQUE

Is my technique conducive to minimise injury?

- Analyse technique if required
- BUT Be aware
 - It may take a long time to correct
 - You may go backwards before you see improvements

Technique is a continual journey, it never ends. Jay Prchal

CHAFFING

- How long will I be swimming
- What Suit will I swim in
- · Where will I chafe
- After what time period will I chafe
- How will I prevent Chaffing







ACCLIMITISATION

- · Is temp going to be an issue
 - Prepare for water temperature
 - Gradually expose yourself to cooler and cooler water
- Sell wetsuit if need be
 - Swim through winter Ocean

Increase body fat % (this may be a consideration)

SUN PROTECTION

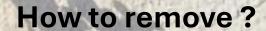
- What time of day am I swimming (morning, night, middle of day)
- When/How long will I be exposed to the sun
 - Hours, One Day, Multiple days
- · What areas will be exposed
 - Face consider cream on face, cap may slip
 - Arms
 - Back
 - Back of legs
 - Bottom of Feet!



SUN PROTECTION

- What products will I use?
 - How long will it protect
 - Sunscreen Factor 50+ (< 4 hrs)
 - Zinc (4 hrs)
 - Baby Rash Cream (+4 hrs)
 - Sudocrem (15% Zinc)
 - Desitin (12% 40% Zinc)









THE TEAM

The team can make or break an event!

- Confidence and Cohesion
- Provide Motivation and Encouragement
- Keep Everyone Accountable
- Ability to make rational and appropriate decisions
- Final decision lies with Team Manager

Allow the swimmer to just SWIM!



THE TEAM

Responsibilities

- Team Manager
 - Key Decision Maker
 - Rules

- Skipper
 - Safety Lead
 - Swim Route Lead
 - Radio Comms
 - Emergency Procedures

THE TEAM

Responsibilities

- Paddler
 - Psychological Support
 - Feed the Body, Support the Mind
 - Swimmers Conduit to Crew
 - Course Setter for Swimmer
 - Feeds

- Support/Handler On Water
 - Feed Schedule
 - Feed Preparation
 - Information to swimmer
 - Motivator



THE TEAM

Responsibilities

- Support On Land Pre/Post Race
 - General help for swimmer
 - Sunscreen/Grease application
 - Logistics Support
 - Post Swim Nutrition
 - Post Swim Towels/clothes/support





1st RULE

DON'T TRY ANYTHING NEW ON RACE DAY!

It will be your undoing

Event Day

APPROACH

THE LEAD UP

The Simple Stuff

- TRY NOT LOOK AT THE WEATHER!
- Prepare everything a few days before (out of your head asap)
- Have spares ready (Goggles, Bathers, Caps)
- One bag for the morning Just what you need (incl Spares)
- Bags for boat, Feeds, Schedule, Don't mix the two! (Spares)
- Rest as much as possible 2 days before

APPROACH

THE MORNING OF

- Don't Stress if you did not Sleep well, it will not matter!
- The Conditions are the Conditions
 - You trained for it! Remember your Trained for the Worst
- Let Go of Expectations
 - Remember that CAVEAT / Mother Nature?
 - Know you have done the training Believe
 - Execute YOUR swim PLAN
 - Stick to the PLAN!



APPROACH

DURING

- Build into the Swim, Start Easy
 - · You can't win it at the start, but you can lose it!
- Trust you've prepared Believe in yourself
- Enjoy it, All of it.
 - Experiences are neither good nor bad
 - · its only your perspective that makes them so!



Recovery



- If possible do a short Cool Down swim ASAP
- Get in the water the next day, DO NOT STOP
 - Short easy swims to keep blood flowing WILL aid recovery



