



# Big Swim Information

Jay Prchal  
*Holistic Coach*

# 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



*Jay Prchal  
Holistic Coach*

# SETTING THE SCENE

- **Format**

- **Pre Preparation**

- Getting it Right !
  - Everything prior to race day

- **Event Day**

- In prep for race day

99%

1%

Jay Prchal  
*Holistic Coach*

An aerial photograph of a beach scene. In the upper portion, there is a sandy area with several white beach umbrellas and people. The middle and lower portions show the ocean with people swimming and wading. The water is a clear, light green color. The overall scene is bright and sunny, with long shadows cast by the people and umbrellas.

# PRE-PREPARATION

Jay Prchal  
*Holistic Coach*

# GOALS / EXPECTATIONS

**What do I want to achieve ???**

- Do I - Just enjoy the experience ?  
or
- Do I - Have specific Goals !

**ARE THE GOALS REALISTIC ?**

# 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 ?
- **T**imeframe - 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!*



*Jay Prchal  
Holistic Coach*

# REQUIREMENTS

- **Aims – Based on your Goals**

- Swim Training
- Gym Training
- Nutrition
- Mental Preparation - Belief
- Injury Prevention
- Sickness Prevention



# REQUIREMENTS

- **PRIORITISE !**

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

**What are your priorities ?**

# 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**

Pre-Preparation

# TRAINING

- **Pool**

- Suitable Club/Program

- Build the **volume**
- Build the **intensity**

- Pool perfect for **measuring progress** !

**Remember those target times ?**



*Jay Prchal  
Holistic Coach*

Pre-Preparation

# 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**



*Jay Prchal  
Holistic Coach*

# MANAGING FATIGUE

- Nutrition – General
  - Ensure calorie balance - **Energy in  $\geq$  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**)



*Jay Prchal  
Holistic Coach*

# MANAGING FATIGUE

- **Rest**

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



Jay Prchal  
*Holistic Coach*



# 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

How to deal with failure ?



Jay Prchal  
*Holistic Coach*

# 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*

*Holistic Coach*

# 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)

How to remove ?



Jay Prchal  
*Holistic Coach*

# 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 !**

*Jay Prchal  
Holistic Coach*

Pre-Preparation

# THE TEAM

## Typical Roles

- Team Manager
- Skipper
- Paddler
- Support
- Pre Race/Post Race

*Jay Prchal  
Holistic Coach*



# 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

*Jay Prchal  
Holistic Coach*

# 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

*Jay Prchal  
Holistic Coach*

An aerial photograph of a beach event. In the upper portion, there are two sets of white portable toilets on the sand. Below them, a group of people, many wearing blue and orange gear, are scattered across the beach and wading in the shallow, greenish water. Long shadows are cast across the sand, indicating a low sun position. The text 'EVENT DAY' is overlaid in the center in a bold, yellow, 3D-style font.

# EVENT DAY

Jay Prchal  
*Holistic Coach*

Event Day

**1st RULE**

**DON'T TRY ANYTHING  
NEW ON RACE DAY !**

**It will be your undoing**

*Jay Prchal  
Holistic Coach*

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

*Jay Prchal  
Holistic Coach*

# 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 !

*Jay Prchal  
Holistic Coach*



Event Day

Finish

Recovery



- Consume **Carbs, Electrolytes** and **Protein** ASAP
- 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

*Jay Prchal  
Holistic Coach*

Event Day

**Finish**

**Regardless of the outcome**

- Celebrate
  - Your Team
  - The Event
  - The People



**YOUR ACHIEVEMENT**  
**Experience is the best Teacher**

*Jay Prchal*  
*Holistic Coach*



Jay Prchal  
*Holistic Coach*