

GETTING STARTED IN OPEN WATER





What we'll cover today:

1. What is open water?
2. Expect the unexpected
3. Do you have athletes that like longer events?
4. Starting the conversation
5. Why should I get involved?
6. How can I get involved?
7. Where can I train?
8. What does training look like?
9. The “Pathway”
10. Have fun!





What is open water?

- Rivers
- Lakes
- Oceans
- Seas



Expect the unexpected

RefereeBoatRunningOutOfGas
VesselEnteringRaceCourse
FeedDockFloatingAway
EarlyStart
ChangeInCourse
Direction
BuoyFloatingAway
RaceCancellation
StartStructureWashedAway
SpectatorEnteringTheCourse
ChangeOfVenueLocation
CompleteCourseChange
FeedDockSpinning
ChangeInCurrents
BoatCrash
LateStart
RacePostponement





*Do you have
athletes that like
longer events?*

- Yes!
- Start the conversation
- Talk to your athletes



Why should I get involved?

- Fun
- Social
- Strategy
- Unique

How can I get involved?

- Advocate for open water in your LSC
- Host an event
- Take your group or club to an event
- Host a distance challenge



Where can I train and How should I train?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Decend Treshold	Big Kick Set	Off	Smaller Faster Kick	HVO Short	Tough heart rate at
	Set 300s			with Pull	Low lactate sprint	goal pace-front end loading
	6.5k	6k		6k	6k	8-9k
PM	Max Vo2	Tough Interval	Alt Rec	Half Recovery	Sprint focus	
		Aerobic	Max Vo2 or	Small Max Vo2		
	8k	8.5k	Lactate Test			
		8.5k	7.8k	7k	7k	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<i>Aerobic Endurance</i>	<i>Threshold+</i>	<i>Race-Oriented</i>	<i>Aerobic Endurance</i>	<i>Threshold+</i>	<i>Race-Oriented</i>	<i>Optional</i>
	Main Set: 3.5-4.5K Colors: White - Red	Main Set: 3.5-4.5K Colors: Pink - Blue	Main Set: 2-4K Depending on Focus	Main Set: 3.5-4.5K Colors: White - Red	Main Set: 3.5-4.5K Colors: Pink - Blue	Main Set: 2-4K Depending on Focus	Loosen + Technique
	Base Speed + Kicking	Base Speed + Kicking	7-7.5K	Mix Strokes + Kicking	Base Speed + Kicking	7K	2.5-4K
	7-8K	7-7.5K		7-8K	7-7.5K		
PM	<i>Pace</i>	<i>Recovery Volume</i>	<i>OFF</i>	<i>Pace</i>	<i>Recovery Volume</i>	<i>OFF</i>	
	Main Set: 3-3.5K	Long Straight Swims @ Low - Moderate Heart Rate		Main Set: 3-3.5K	Long Straight Swims @ Low - Moderate Heart Rate		
	Base Speed			Base Speed			
	7K	5.5-7K		7K	5.5-7K		



The “Pathway”

- Local Race
- LSC Championships
- Zone Championships
- Open Water Junior National Championships
- Open Water National Championships
- Open Water National Junior Team
- Open Water National Team
- International Competition



Have Fun!





Questions?





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