

# OPEN WATER CHICAGO

## Chicago Triathlon Swim Preparation Timeline

Below is a checklist of items to help you optimize your performance in the swim part of the event. We will spend significant time during the clinic on the items highlighted in blue.

If you have any questions or need any clarification on this, feel free to call me at +1 (312) 927-0299 or send me a quick note at [srhernan@gmail.com](mailto:srhernan@gmail.com).

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### 5 Days Prior

- Test out all your swim gear at least twice!
  - Wetsuit – check for fit, mobility, chafing, performance while fully immersed in a swim situation (preferably open water!)
  - Wetsuit – practice partial wetsuit removal/refitting for bathroom situations!
  - Goggles – check for fit, leaking, and fogging issues
- Get the necessary support gear:
  - Defogger – diluted solution of baby shampoo and water in a spray bottle
  - Body Glide for chafing
  - Suit Juice for easier wetsuit entry & removal
- Confirm your swim wave and start time
  - Review the swim age groups before and after your wave
- Line up your race day logistics and transportation to the swim start!

### 24 Hours Prior

- Fuel – bland, balanced food – nothing overly heavy, spicy, or salty
- Hydration – drink one-half liter of water first thing upon awakening
  - Be careful about your intake of caffeine, alcohol, and sodium!
- Electrolytes – consider supplement like Hammer Endurolytes or Trace Minerals products
- Rest & Recovery – you are already trained – focus on getting good sleep for 2 nights!
- Take advantage of the new bike check in option!

### 6 Hours Prior (race morning)

- Fuel – light, easily digestible breakfast meal
- Hydration – drink one-half liter of water first thing upon awakening
- Electrolytes – consider supplement like Hammer Endurolytes or Trace Minerals products
- Prepare small bottle of ice water (see below)
- Bathroom planning – expect multiple visits due to increased hydration
- Go to triathlon site, access transition area, and set up your stuff

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## 30 – 45 Minutes Prior

- ❑ Final gear check
  - Goggles – adjusted for fit, defogged, checked for leakage
  - Wetsuit – tested for fit, chafing, easy of entry & removal
  - Swim cap (provided by event)
- ❑ Priming – Prepare your core for colder water immersion
  - Ice water bottle trick – on face, head, neck, and torso
  - Goal – prevent the “spike”!
- ❑ Last minute bathroom breaks
- ❑ Selection of sighting targets – shapes, contrasts, approximations

## At Swim Start

- ❑ Awareness of other swimmers in close proximity
- ❑ Stride jump water entry
- ❑ Relocation to “sweet spot” area behind the pack and away from the wall
- ❑ Modified drownproofing (“corking”) to preserve energy (versus treading water)
- ❑ 10 second delay after start signal

## In Swim

- ❑ Focus on management of the “Holy Trinity”:
  - Heart Rate
  - Respiration Rate
  - Muscle Tension/Contraction
- ❑ “Sight Stroke” technique
  - Maintain constant bearings during swim
  - Forego the need to “start-stop”
- ❑ Drafting on other swimmers where and when appropriate
- ❑ In-swim troubleshooting:
  - Personal space issues and management
  - Anxiety and panic management
  - Bathroom issues
  - Swallowing water
  - Visibility issues
  - Goggle malfunctions (leaking, fogging, corrective vision issues)