



1-2-1 Open Water Coaching

You've spent a considerable amount of time honing your pool skills and now want to venture into the world of Open Water Swimming. Open Water Swimming takes your swimming to another level, however, it does require a slightly different approach to general pool swimming.

During this session you'll be introduced to a variety of requirements such as:

- Putting on and removing your wetsuit
 - This may seem a simple thing, however, if you've spent a considerable amount of money on a wetsuit the last thing you want to do is damage it so soon.

- Entering and exiting the water
 - Where to get in and things to think about when getting out.

- Sighting
 - In a pool you will normally have a black line to follow, in an open water environment you don't have anything like this. So, to save you from swimming further than necessary you need to develop your sighting technique; we'll look at different techniques that can be used and the best time to use them.



- Turns
 - An open water swim course generally has buoys to mark out the course. There are different turning techniques that can be used which we'll look at, and the most appropriate time when to use the different types of turns.

- Drafting
 - Drafting of another swimmer is a good way of conserving energy. We'll look at different ways of drafting, pitfalls and things to think about.

- Starts
 - If you're racing then you will likely have one of the following ways of starting:
 - Deep water
 - Shallow water
 - Beach

We'll have a look at each technique and the best place to start within the start group.

These are the main areas that will be covered to an introductory level. However, if you would like to cover a specific area more deeply then this can be done. The session is lead by yourself so that you gain the right amount of coaching required.