



LAKWOOD VALLEY
TRIATHLON TIPS
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TIP 1 THE SWIM . . . the beginning of each Triathlon

Most Triathletes don't like the swim. It is said, "First one out of the swim is the last one to finish the run."

The SWIM should not be viewed with disdain or fear. It may be true that an experienced swimmer may blow others away in the swim, but there is a lot of distance to follow to make that up. Whether an experienced swimmer or not, here's a tip to help anyone.

Kicking only accounts for about 10-15% of an experienced swimmer's forward movement. *An experienced swimmer's speed is still mostly determined by pull.* Even though there is not much propulsion from the kick, training the kick is still important because the legs (which house the largest muscle group in the body and demand a lot of oxygen via the blood) need to get through the swim with little effort. This will save leg energy for the next two events of the race, giving racers better efficiency for the entire triathlon.

Remember, during the swim, rely on the arms, rest the legs, but don't forget to condition the legs so they don't suck the energy out of the rest of the body.

TIP 1 Motto: Don't let the kick suck you dry!