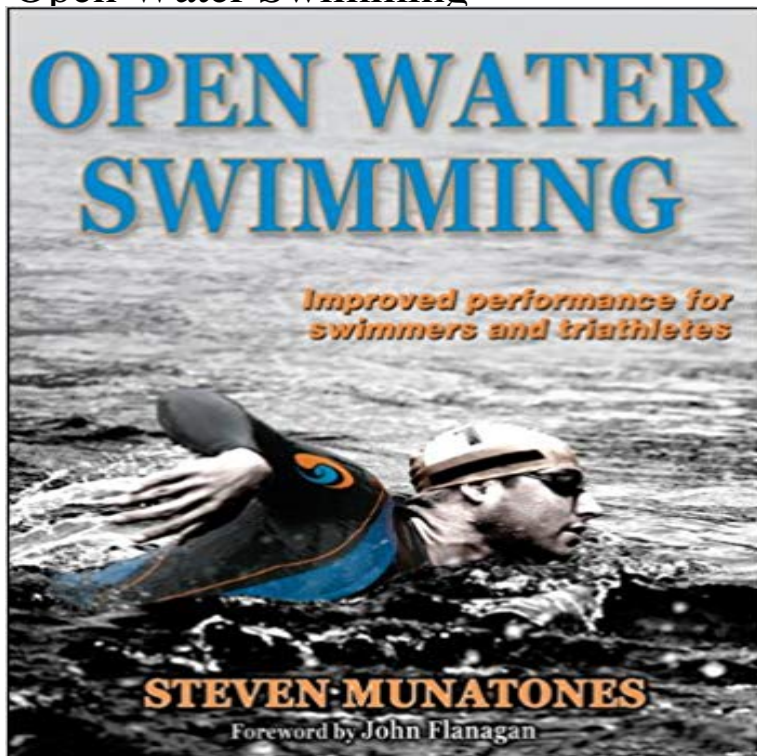


Open Water Swimming



Swim faster, stronger, and more efficiently. Whether you are a dedicated open-water swimmer or a triathlete looking to conquer the sports most challenging event, Open Water Swimming is your complete guide to improving your performance and decreasing your time. In Open Water Swimming, renowned marathon swimmer, coach, and commentator Steven Munatones shares his insights and expertise on preparing, training, and competing in open-water events. From triathlon to marathon and all distances in between, you'll learn these tactics: Refine your freestyle stroke to improve power, speed, effectiveness, and navigational IQ. Pace yourself, and conserve energy, for faster finishes. Train for every event with conditioning programs for short, Olympic, marathon, and triathlon distances. Shave seconds off your time with professional tactics for starts, turns, feedings, transitions, and finishes. Incorporate the racing strategies of the most successful swimmers in the sport. Prepare physically and psychologically for the demands of competition. From the art of efficient pack swimming to the best dryland and pool workouts for improving endurance, strength, and power, Open Water Swimming covers it all. Read it, refer to it, and rely on it for improved results and faster times!

```
window.ue_csm.cel_widgets = [      { id:
detail-bullets      } , {      id:
featurebullets_feature_div      } , { id:
summaryContainer      } , { s: #revMHRL >
DIV , id_gen: function(elem, index) {
return custRev + (index + 1); } } , { id:
sims_fbt      } , { id: purchase-sims-feature      }
, { id: session-sims-feature      } , { id:
quickPromoBucketContent      } , { id:
productDescription      } , { id:
technicalSpecifications_feature_div      } , {
id: prodDetails      } , { id: related_ads      } , {
id: technical-data      } , { id:
tagging_lazy_load_div      } , { id:
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```

consumption-sims      } , { id:
moreBuyingChoices_feature_div } , { id:
product-ads-feedback_feature_div } , { id:
DAcrt } , { id: vtpsims } , { c: celwidget
} , { id: fallbacksessionShvl } , { id: rhf
} , { id: unifiedLocationPopoverSelections
}      ];      (function(a){ var
b=document.ue_backdetect;b&&b.ue_back
&&a.ue&&(a.ue.bfini=b.ue_back.value);a.
uet&&a.uet(be);a.onLdEnd&&(window.ad
dEventListener?window.addEventListener(
load,a.onLdEnd,!1):window.attachEvent&
&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split(.))&&b[0]&&a.ue.tag
(b[0]:a.ue.tag(nofls)))(ue_csm);      var
ue_pty=Detail,      ue_spty=Glance,
ue_pti=0736092846;      v
(function(g,h){ function      d(a,d){ var
b={ };if(!e      !f)try{ var
c=h.sessionStorage;c?a&&(undefined!==(ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){ e=1 }e&&(b.e=1);return      b }var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a      (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window);      (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length)})(ue_csm,document);
(function(m,h){ function      I(a){ if(a)return
a.replace(/^(//s+      //s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var      b=e.m      e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f      a.sourceURL
a.fileName      a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line      a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack      (a.err?a.err.stack:);b[y]=e[y]
c&&c.href      missing;b[p]=e[p]

```

```
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p
performance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.ld=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h l,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=l}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){}}else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( \d+): \d+ )?.split(
),join(String.fromCharCode(92))),K=/.*@
.*):(//d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
```

```

ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:func
tion(){return void 0!==b 0}}}}function
h(a,b,c){return{name:a,getFeatureValue:fu
nction(){return b===c 0}}}}function
g(a,b){return{name:a,getFeatureValue:func
tion(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([/w//-]+)/
);a=null!==a?a[1]:null;var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b},f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3))})(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{};b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view}else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){fun
ction k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.t
ransition {};b.timing=b.timing
{};if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0)!&&b.tags instanceof
Array){var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
(function(b){function
c(){if(a.log&&a.log.isStub){var
b=[];a.log.replay(function(a){var
c={};c[a[1]]=a[0];b.push(c)});b.length&&

```

```
k(b)} }function
k(a){ if(e)a=f(a),b.navigator.sendBeacon(g,
a);else{a=f(a);var c=new
b[d];c.open(POST,g,!0);c.setRequestHeader
r&&c.setRequestHeader(Content-type,text/
plain);c.send(a)} }function f(a){return
JSON.stringify({rid:b.ue_id,sid:b.ue_sid,m
id:b.ue_mid,mkt:b.ue_mkt,sn:b.ue_sn,reqs:
a})}var
d=XMLHttpRequest,a=b.ue,l=b[d]&&with
Credentialsin new b[d],e=b.navigator&&
b.navigator.sendBeacon,g=//+b.ue_furl+/1/
batch/1/OE/,h=b.ue_fci_ft;a&&(l
e)&&(a.attach&&(a.attach(beforeunload,c)
,a.attach(pagehide,c)),h&&b.setTimeout(c,
h),a._ffci=c)})(window);
```

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Images for Open Water Swimming Americas Top 50 Open Water Swims Since 2008, the FINA Open Water Swimming Grand Prix, an annual circuit, attracts the international open water swimming elite in challenging races that range **How to Survive Your First Open-Water Swim: 8 Tips for The New** Open Water Swim (OWS) is committed to teaching beginners to learn how to swim as well as professional athletes with the same basic theories that will enable **Open Water Events - US Masters Swimming** The purpose of the Daily News of Open Water Swimming is to educate, entertain, and enthuse all those who venture beyond the shoreline. Access over 9,200 **WaveOne Open Water Swimming** All the staff here at Swim Smooth are triathletes or open water swimmers. We understand the different preparation required to race in open water versus the pool **Open-Water Swimming Tips From The Pros** May 2, 2011 I wish someone had warned me of this in the first 5 seconds of my open water swim, my mind rushed with a frenetic string of thoughts:. **Lake George Open Water Swim (LGOWS) Open Water Swimming 101 - US Masters Swimming** Sep 13, 2013 Want to curb your fears while getting faster in the swim? Here are five what not to dos for the first leg of your next race. **Open Water Swimming Tips for Triathletes: Overcoming Your Fears** /swimming//open-water-swim-technique-work-less-swim-faster? **Open water - Official FINA website** 8 hours ago With the water temperature currently at 64F, a shade below 18C, in Castaic Lake, the site of the USA Swimming Open Water National **Open Water Swimming Tips and Training ACTIVE** Private Lessons - Personal Training Coaching Packages available. Nothing can substitute for private lessons and training to develop your own personal swim **Escape to Lewes Open Water Classic - DelMoSports** 24Jun2017. FINA Open Water Mass Swimming World Series 2017 #3. Setubal, POR. 24Jun2017 FINA Open Water Swimming Grand Prix 2016. . **Del Valle Open Water Festival : -**

TeamUnify OPEN WATER SWIMMING RULES. WORLD RECORD & WORLD JUNIOR RECORD APPLICATION FORM DEMANDE DHOMOLOGATION DE RECORD DU **Open Water Swim Technique: Work Less, Swim Faster** ACTIVE See Tweets about #openwaterswimming on Twitter. See what people are saying and join the conversation. **The Daily News of Open Water Swimming** WELCOME TO Del Valle Open Water Festival. Partners. Three+Rivers+Energy. Finis. Hammer+Nutrition. US+Masters+Swimming. Events. Swim Meet. More. **#openwaterswimming hashtag on Twitter** Julie Dibens, two-time Abu Dhabi Triathlon champion, and Ironman winner James Cunnama share five rules of a successful open water swim. **Open Water Swim** Aug 15, 2016 Open-water swimming tends to conjure up images of impassioned loners silently stroking across the sea, in search of glory or transcendence. **US Open Water Swimming Connection: Open water events, racing** Open water swimming takes place in outdoor bodies of water such as open oceans, lakes, and rivers. The beginning of the modern age of open water swimming **OPEN WATER SWIMMING RULES - Official FINA website** These are all the swims for the 2017 open water season for Pacific Masters Swimming. Please review them before leaving for the open water swim. Please **The Deceptive Calm of Olympic Open-Water Swimming - The New** We previously published the Worlds Top 100 Open Water Swims after years of Description: Field limited to 25 solo swimmers and 18 relay teams that start and **Your Complete Source for Open Water** Jul 9, 2014 This series of articles aims to provide would-be and new open water swimmers with the most basic information they need to feel confident **5 Things Youre Doing Wrong in the Open Water - IRONMAN Official** /events/escape-lewes-open-water-swim-classic? **Improve Your Open Water Swimming - Swim Smooth** Ever wondered why it was so difficult to escape from Alcatraz? Come join our Embarcadero YMCA hosted swim from Alcatraz Island to Aquatic Park and find out **Open Water Swims Pacific Masters Swimming** Open Water swimming news on SwimSwam. Triton River ONE Kicks Off A Season Of Unique Events For Open Water. Often in life, it is the adventures you **Open Water Swimming Tips and Techniques: Stroke Mechanics for** Dec 30, 2011 - 2 min - Uploaded by Mike LewisIn this segment we cover the nuances in stroke mechanics for open water swimming. We Getting away from following the black line at the bottom of the pool can reinvigorate your swimming. Head out to the open water with these training and safety