

Triathlon Swimming Discipline Advice

Swimming should be the most natural sport for the human race. We spent 9 months in water before we took our first breath. Swimming is one of the best low impact non-contact sports that can be enjoyed and continued well into the senior years when the knees and hips have expired.

Gear Required for Swimming

Pool Based Swimming

Essential	Togs/Swimsuit Hat Goggles Towel Flip Flops	
Non-essential	Buoyancy Shorts – Fins - Paddles -	Improve body position. Usually required for beginners (Short Blade) Improves body position while activating their kick. For more experienced swimmers to promote optimum hand position in the water and improve stroke technique.

Sea Based Swimming

Essential	Togs/Swimsuit Wetsuit Hat x 2 (Neoprene Type) Goggles Towel Flip Flops Skin Protector/Anti-Chafing Cream	
Non-essential	Booties/Neoprene Socks Ear Plugs Dry Bag to store wet suit on the way home Tide table Book High Visibility Tow Float Waterproof Case for Phone/Keys	

All of the above can be purchased at prices ranging from entry level to full pro set-up depending on where you find yourself but remember good technique and efficiency in the water is priceless.