

Open Water Training Day – May 10th 2008

After a very cold April we were all glad to see the water temperature in Lake 32 had risen to a very pleasant 16c. I was especially relieved as I knew we would have several apprehensive open water newbies who had grown accustomed to swimming in warm pools over the winter.

The group consisted of 3 men and 9 ladies of varying abilities. The morning session progressed very quickly with everyone getting used to the water much sooner than anticipated. The whole group stayed in for well over an hour and were clearly having a great time.

After a leisurely lunch on the grass, the afternoon session commenced. Eager to try out the different types of starts everyone was straight in – no problems. We went through pack swimming, drafting, overtaking, turns, finishes – well just about everything!

The day finished with an optional “non-competitive” aquathlon with a choice of distances so that each person could do as much or as little as they wanted to, the idea being to practice the speedy removal of wetsuits and a quick transition. There were some elements of competitiveness creeping through and my fellow coach Doug met his match with Oliver I think.

The five ladies from Marlborough (who I nick-named the Spice Girls for the day) also had a bit of a race going on.

All in all a great day for both coaches and participants. (See some of the feedback below). Special thanks to Helen (Doug’s Mum) who made some great flapjacks, provided us with endless cups of tea and coffee, as well as taking loads of photos.

Thanks to Pete, Jo, and their team at Waterland for providing the safety cover which though good to know is there was luckily not needed.

*Thank you for a very enjoyable day. It was exactly what I needed; I picked up some good skills and info and had a great time. Hope to see you at Gloucester tri.
Cheers. Richard Jones – Gloucester*

*I thoroughly enjoyed the day. I have gained a lot of knowledge and was more confident and able to cope with the pace. Both Janet & Doug were very good and very patient. Thank you both for a great day.
Jo Thomas - (Posh Spice) – Marlborough*

*The whole day was well organised. The race at the end was a great way to finish.
Nick Weston – Hungerford.*

*Lovely lake, lots of tea & flapjacks! The coaches were really helpful and sympathetic to novices and first timers to open water swimming. Very encouraging. There was a good mix of practical and theory.
Penny Smith – (Sporty Spice) - Marlborough*

*It was well worth the trip from Birmingham. The day made me more confident and helped me with techniques I did not know about before. I was a bit nervous but Janet took note of this and made me feel more confident. A great day!
Tina King - Birmingham*