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Training for a Triathlon



Recently, a great question came through to Diana via twitter (@diananyad), from our friend @twoshotreg

" I am an intermediate swimmer, training for my 1st triathlon what 3 things do you think I should focus on."

This is a great question, and we thought the answer relevant enough to everyone to share it with the world via our blog.

For an intermediate swimmer heading into first tri:

- 1) First, make sure you can swim in a pool TWICE the distance you'll have to swim in the tri. The endurance it takes in a lake or ocean is WAY tougher than in the pool where you're training. So give yourself the confidence that you will finish by going twice that distance, non-stop at a good pace, in a pool.
- 2) Get used to taking a very quick look up every 20 or 30 strokes. Not enough to break your rhythm. Just a quick glance above the surface line ahead so that you know you're on track and not about to crash into somebody.
- 3) Finish your stroke so that your hand comes out of the water way down by your mid-thigh, when the arm is now straight...NOT while still bent up at the bathing suit line. In open water especially, it is crucial to take long, powerful strokes and finishing the stroke not only propels you forward more but also lifts the body to make you more hydrodynamic.

So, for all of our friends and fans who are training for any tough swim – we hope these answers help you in any way.

Never hesitate to use any of our social media sites to ask questions! You might not get an answer immediately, but if we have one – it will come eventually.

You can use Facebook: www.facebook.com/diananyad

Or Twitter: www.twitter.com/diananyad

And don't forget our BravaBody site too – for the best in health and fitness information: <http://www.facebook.com/pages/Bravabodycom-Diana-Nyad-Bonnie-Stoll>

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