



# SWIMMING LONG 2018

## What is the Swimming Long program?

The Swimming Long program, new for 2018, is for swimmers and multisport athletes (triathletes, aquathletes, aquabikers etc) who want to go further in the water! The program will broadly target the Sri Chinmoy Lake Swims on 18 February – a great local event with a pancake breakfast at the finish line - at which there will be 500m, 2.5km and 5km (a half-marathon in swimming terms!) options. Some participants may prefer to target a triathlon, such as the Huskisson Tri Festival on the same weekend, or some other event. We will focus on building swim endurance, with some necessary technique work thrown in, and specific open water skills. The program will work alongside both the Next Steps and World Championships triathlon training programs, so would be ideal for any multisport athletes looking for a little more targeted swimming work.

## What sort of equipment do I need?

Togs, a cap (brightly coloured for open water!) and goggles. You won't regret bringing a towel. Some swimmers may prefer to wear a wetsuit for open water swims, but this is not at all a necessity. The training sessions will frequently utilise training aids such as kickboards, pull buoys, paddles and fins, which will all be provided at the venue.

## Who should register?

Those who have basic swimming skills but who are looking to increase their distance and open water confidence, either as a dedicated swimmer or as part of a multisport event.

## What is the commitment?

The program will run alongside the regular [FIT swim sessions](#) with session plans also being made available via a web forum for swimmers to follow on their own or in smaller social groups if they cannot make a FIT session. It is recommended that swimmers do at least three sessions a week, one of which should be an open water swim. The program will run for seven weeks, from the first week of January until the Sri Chinmoy Lake Swims on 18 February.

## What is the cost?

There is no cost to join the program, but you must be a member of FIT to register ([membership info](#)), and the usual costs to attend FIT swimming sessions will apply (pool entry fees + \$4 to cover lane hire). Any race or event entry fees will also need to be covered.

*Registrations are now open – register [here](#)! Got a question not covered here?  
Contact Cath via [enquiries@fitact.org.au](mailto:enquiries@fitact.org.au)*