

...TAKE A FRESH LOOK AT SWIMMING

H₂Open Magazine's bi-weekly newsletter #9

In our previous newsletter we asked "[how much faster can you swim](#)"? We showed that some swimmers can still swim amazingly fast well into their seventies and that gives hope for the rest of us trying to improve, whatever our age. Many thanks to Mike Tyson who wrote to let us know of his own experience - improving 20% between the age of 30 and 44 for a 500m time trial.

In this issue we share some nutrition advice for a 5km swim from our nutrition editor, Joel Enoch. With the first event in the [H₂Open National Ranking Series](#) covering that distance (at Box End park near Bedford, in early May) we thought it would be a good idea to start thinking about what to eat and drink for a successful swim. If you haven't yet signed up for the series you can do so [here](#). This will also be relevant if you're planning to take part in this year's Swimathon.

Many thanks for all the positive feedback on Issue 8 (Feb/Mar 2012) of the magazine. If you haven't seen it copies are available from [Mailsports](#) or you can subscribe at www.escosubs.co.uk/h2open. You can see the first 11 pages on our website [here](#) (full access to print subscribers).

We're also looking forward to meeting some of you at our H₂Open Day on 28 April. We've got some great speakers lined up including Colin Hill (Marathon Swimming Technical Manager for the 2012 Olympics), Nick Adams (President of the Channel Swimming & Piloting Federation), Mark Bayliss, who's attempting to become the first person to complete the Arch to Arch challenge without using a wetsuit for the Channel crossing, and top swimming coach Dan Bullock. If you haven't yet reserved your place you can do so [here](#).

Event focus this issue moves to the final event in the National Ranking Series, the South West Swim on 8 September, and we're also interested to learn about your experiences of trying to train in public pools.

As ever, we love to hear your thoughts on anything we publish, or on any other open water swimming related topic.

Happy swimming,
Simon Griffiths
Editor

H₂Open Magazine

» Nutrition for a 5km swim

A 5km swim will take most people between 1 and 2 hours to complete and places heavy demands on your body. While top end swimmers may be able to cover the distance without taking in any nutrition during the swim the majority will benefit from replacing some of the energy they use. Additionally, if you swim in a wetsuit or warm

» H₂Open Day

Remember to reserve your place at our H₂Open Day on 28 April at the Reading Lake Hotel. The day includes an exhibition, equipment testing, swimming demonstrations,

water dehydration could harm your performance.

And, whatever standard your swimming, you should still prepare properly and think about recovery afterwards. We asked our nutrition editor, Joel Enoch, to share his top tips for a successful swim:

1. Carbohydrate loading the night immediately prior to the event is unlikely to boost performance and may leave you feeling bloated and lead to stomach problems. Instead, spread the loading over a few days and even then, don't be excessive.
2. Stay hydrated in the days leading up to the event and try to drink 500ml of fluid 4 hours before the swim and a further 200ml 2 hours before.
3. Eat a medium GI carbohydrate breakfast 3 to 4 hours before you swim.
4. Optional, 10 minutes before you swim, consume an energy gel (with water if not isotonic)
5. During the swim, ideally consume some fluid with carbs every 15 to 20 minutes - you probably won't be able to achieve this, so fit it in when you can (some races have regular feed stations for example)
6. Eat some carbs and protein as soon as possible after you finish and again 3 to 4 hours later.

You can read Joel's article in full [here](#).

See [here](#) for more information and to sign up.

» National Series

How good an open water swimmer are you?

We are working in partnership with seven race organisers to create the **H₂Open National Open Water Swimming Ranking Series** in 2012.

To find out how you compare with your age group peers simply sign up (for free*) for the Series on our [website](#) and then complete three out of the seven races in the series:

- 5k Box End Swim, nr Bedford
- 1.9k Wales Swim, Tenby
- The Henley Mile
- 2km Edinburgh Swim
- 2.5k Bournemouth Swim
- Monster Swim, Loch Ness
- 5k South West Swim, nr Radstock (previously known as Vobster Quay Swim)

*normal race entry fees apply

» H₂Open Awards

Nominations for the H₂Open Awards close at the end of this month. You have a week to let us know of anyone or anything that deserves recognition.

To find out more and submit your nominations see [here](#).

» Advertisers

» 10% off Swim Supplies offer

Swim retailer Swim Suppliers is offering 10% off and free shipping to H₂Open readers.

Either call 01209 201001 or go to www.swimsupplies.co.uk/h2open and use discount code H₂Open12 at the basket stage.

» Event focus - Southwest Swim

Whether it's X-Fit competitions, Duathlons, Triathlons, Rowathlons,

running or open water swimming, since 2002 DB Max have organised them all, gaining a fantastic reputation across the south west for good quality, challenging races.

The Southwest Swim was a huge success last year and this year is expected to draw hundreds of people to the crystal-clear waters of Vobster Lake in Somerset for the H2Open National Ranking Series Finale on the 8th of September. The water is reputed to be some of the best quality around and this blended with chip timing make it a professional event that is not to be dismissed.

See www.dbmax.co.uk for more information or check out the video below.

[DBmax H2open Big Swim](#) from [doug hall](#) on [Vimeo](#).

» Lane etiquette

The subject of lane etiquette and lane rage when trying to train in public pools has been a big topic of discussion on the Outdoor Swimming Society's Facebook page over the past few weeks. We try to take a balanced view on the topic [here](#), but we'd love to hear your opinions and experiences.

» Events

Event organiser Human Race wrote in to let us know they've added a new open water swim to their calendar on 6 May 2012 at Sandbanks, in Poole, apparently the 4th most expensive place to live on the planet. Distance range from 500m to 1500m. See www.openwaterswimseries.co.uk for details.

Also, Swim Super Series (www.swimsuperseries.co.uk) confirmed the dates of their two swims at Bray Lake this as 21 July and 11 August and announced a new sponsor: Swimovate.

Add us to your address book!

To prevent over-eager spam filters snaffling this newsletter, please copy-&-paste the following email address into your address book:

editor@h2openmagazine.com

Take a fresh look at swimming is a regular newsletter from H2Open, the world's only dedicated open water swimming magazine. H2Open is published 7 times a year in the UK and is available on subscription world wide. H2Open is for all open water swimmers, whether you're a wild swimmer, competitor or long-distance challenger. To find out more see www.h2openmagazine.com or subscribe at www.escosubs.co.uk/h2open.

ZG Publishing Ltd, 20 Burnell Avenue, Ham, Richmond, United Kingdom TW10 7YE, UNITED KINGDOM