



# Fearless Swimming for Triathletes: Improve Your Open Water Skills

*Ingrid Loos Miller*

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Are you afraid of mass swim starts, being pummeled by surf, eaten by sharks and swimming blindly off-course? Most triathletes learned to swim in a pool in nicely marked lanes, but they have to race in murky rivers, lakes and oceans with hundreds of adrenaline-filled athletes whose only thought is getting to the buoy first. For many the physiological and emotional reactions to racing in vast open water brings on disorientation, seasickness and anxiety that can make the triathlon swim the worst part of the day. This guide addresses more than a dozen fear factors including panic, cold water, bad memories, muscle cramps and water in the nose, and offers specific strategies to overcome each one. You will be given tools to help you calm your body and mind and the skills that will improve your competence in every kind of swim venue. Learn to deal with wind, currents, big surf, and even polluted water.

*Fearless Swimming* also discusses medical risks of triathlon swimming and suggests ways an athlete can be confidently prepared for the rigors of this even.

With this book and some practice any athlete can move confidently from pool to lake to river to sea and can become a fearless swimmer.

Former ocean lifeguard and triathlete coach, Ingrid Loos Miller, will take you step-by-step from pool to any water destination by teaching the skills you need to feel more confident in the open water.

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