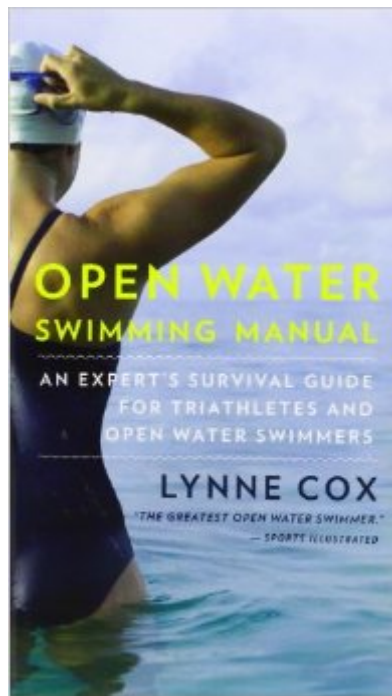


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# Open Water Swimming Manual: An Expert's Survival Guide For Triathletes And Open Water Swimmers



## Synopsis

Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Cox methodically addresses what is needed to succeed at and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being stung or bitten, and much more. Cox calls upon Navy SEAL training materials and instructors' knowledge of open water swimming and safety procedures to guide her research. In addition, first-hand anecdotes from SEAL specialists and stories of Cox's own experiences serve as both warnings and proper practices to adopt. *Open Water Swimming Manual* provides a wealth of knowledge for all swimmers, from seasoned triathletes and expert swimmers to beginners exploring open water swimming for the first time. It is, as well, the first manual of its kind to make use of oceanography, marine biology, and to weave in stories about the successes and failures of other athletes, giving us a deeper, broader understanding of this exhilarating and fast growing sport.

## Book Information

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## Customer Reviews

As an amateur swimmer I thought that reading a book like this would provide the wealth of information that I would need for open water swimming and it did but it also had another unexpected effect, a new humility. World renowned swimmer Lynne Cox has assembled a solid manual for those who hope to reach further out onto the oceans and seas of the world. Using her own experiences plus information derived from expert sources including the Navy SEALs, she covers a

variety of subjects ranging from swim strokes to navigating shipping lanes. Topics cover currents, equipment, workouts, sea animals, water pollution, night swims and directs hopefuls towards various swimming organizations. For the intermediate and expert swimmers there is plenty to be grateful for. The knowledge within could allow swimmers to avoid many common mistakes made by those reaching beyond their comfort zones. For the beginner swimmer there is much to be learned but you won't find the inspiration on these pages. The manual avoids trying to persuade people toward such endeavors. It makes it clear that open water swimming is very dangerous, expensive and is partaken by very few people compared to other forms of exercise. This is an extreme sport if ever there was one.

Fear. Fear of the unknown. Fear of the sea life. Fear of the sharks. Fear of the cold. Fear of drowning. All these fears prey on the mind of the novice open water swimmer. It is one of the reasons that open water swimming is so exhilarating. We have to overcome our fears with preparation, focus and training. The Open Water Swimming manual is unique to my experience. A true tool kit for the making the mental, physical and technical preparations to challenge yourself. The book is really geared to the marathon swimmer, not the tri-athlete as it focuses on the long lonely swims, not the frenzied open water leg of a triathlon. It has all the aspects that you need to know for the Big Swim. Highly recommended.

Lynne Cox is an expert in her field. There is no one, male or female, who has accomplished more in open water swimming. She has swum in every ocean, including the Arctic and Antarctic and encountered every form of sea life that can interfere with a successful swim. Lynne has set records for distance and endurance. This book prepares you for small problems that might crop up while training for a mini triathlon on a lake or an open water swim in an Iron Man. Everything from suit materials to goggles, swim caps to electrolyte replacement over a long distance swim. This is an athlete who is sharing her rare expertise in a straightforward manner. She can save you so much pain and aggravation and make this life long sport enjoyable right away for anyone seeking to take up serious swimming.

This is a great resource for anyone who wants to improve their skills in the water. From the basics of setting goals, to planning for your personal best in a big event or swim. Being a marathon runner who has looked for training advice from the best, I appreciate the author's practical tips about swimming and swimming events - from learning about the environment you will be venturing into to

how to maximize your comfort and get into the zone during your event. The tips from SEAL training show that the best excel for a reason, there are no shortcuts to success and achieving a desired goal, it takes planning, practice and hard work. Cox recommends getting help from a coach, again, to learn from someone who is above your skill level and have them help you move forward. This manual is a wonderful resource for swimmers and triathletes of all levels!

I am a new triathlete. I grew up swimming in lakes in MN but not in any formal way. Just a "get out and have fun in the water" type of scenario. So the water doesn't scare me. Or it didn't until reading this book! Now I have to admit it is kind of scary. However I am one of the people who wants to have all the info upfront. No fly by the seat of my pants. I want to understand variables, weigh risks, and evaluate options. From that point of view - this book is helpful. Not overly so - but it does provide a good amount of information. I thought there were practical pointers and necessary tidbits - they were hiding in places at times mixed in with other info that was not relevant so much. As a triathlete this is worth a look but is not likely to be a book I go back too. One and done would describe - with some notes in my training journal. Cautionary tale's aside I did find it interesting to read - it was very eye opening. I think this is an ideal book for a very advanced athlete who is planning on doing a long open water swim - particularly in ocean water.

Synopsis: Champion Lynne Cox gives training advice for newbies and pros in the area of open water swimming. Lessons include training schedules, gear and hazards. My rating: 4 Stars My opinion: Ms. Cox presents her material in excellent "conversational style" writing. I felt like the author sat down with me and, as a newbie, was giving me advice (because I need it!). Her tips and training exercises/methods were for all training levels and included information on training gear, hiring coaches and joining clubs. Information was present on nutritional needs, as well. I think I would have liked to see this expanded. I thought it was geared more towards the professional/expert/competitive swimmer versus me, who is simply in newbie training right now. Finally, she wraps up with safety information, including open water swimming effects on the body and prevention of illnesses/breakdown. If I had a criticism of the book, it would be that I would have liked to have seen more outside the area of So. California. I think it focused WAY too much on this part of the country. I live in the Midwest. It is lake swimming for me and I didn't feel that was addressed. Source: Edelweiss for Random House Knoph Would I recommend? : Yes Stand Alone or Part of a Series: Stand Alone

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