



Wetsuits in Winter!

There are many reasons why you should add wetsuit swimming to your pool training regime this winter, states **Nicola Joyce**. Here are the top five...



Nicola Millichip is a triathlete and freelance journalist who has swum around Jersey and across the English Channel

Triathlon presents us with many embarrassing scenarios, but most agree that pool swimming in a wetsuit occupies the top slot. But come on – you’ve been getting changed in car parks and sitting in pub gardens wearing Lycra for years now! It’s time to get out the big guns. Train in a wetsuit over the winter and you’ll reap the rewards come race time.

PHOTO: JONNY GAVLER

1 You’ll get used to the suit
If you’ve earmarked an early season race, you’ll ideally want some time to get used to your suit. Today’s suits are super stretchy but there’s no getting away from the fact they’re still restrictive. Don’t leave it until the open-water season starts to discover just how much your wetsuit makes your shoulders ache.

2 You’ll adapt to a different body position
Wetsuits work partly by putting your body and legs in a better position for streamlined forward motion. Some swimmers find this

takes a bit of getting used to, so why not use pool sessions to get a feel for the added buoyancy? You may find you need to hold your head higher in the water, or kick less. Practice will make perfect, and you’ll be ahead of the crowd when the open-water race season starts.

3 You’ll go faster
Swimming in a wetsuit makes even the top swimmers faster. Former World Aquathlon Champion Richard Stannard has said he’d wear his suit in pool races if he was allowed, and reckons a suit can cut 5-6secs off just 100m if you’re swimming at sub-



When exercise is a pleasure, fitness is easy...

Now you can swim whenever you like, on your own schedule, at your own perfect pace. No travelling, no crowded pools, **no heavy chlorine**. Just your own 8' x 15', technologically advanced "counter current" pool, where you swim or exercise against a **smooth current** that's fully adjustable to any speed or ability.



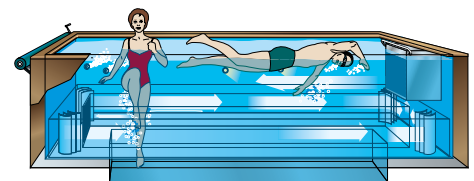
- Fits where conventional pools won't: backyards, decks, garages, basements or sunrooms.
- The ideal solution to crowded pools, difficult schedules, "flipturns" and staying fit.
- Our architects and design staff can help you plan and finish your pool.



Modular construction means **many sizes** and options are available.

The Endless Pool® is simple to maintain, **economical to run**, and easy to install inside or out. Call us or visit our web site for more information.

THE WATER CURRENT MOVES, YOU SWIM OR EXERCISE IN PLACE.



Already own a pool? Ask about the **FASTLANE™**

For a Free Brochure & DVD Call:

0800 520 0433 ext. 6502
www.endlesspools.co.uk/6502

Wetsuits for 2009

Choosing the right wetsuit for your needs is a tricky exercise. Here we run the rule over three of the hottest designs aimed to make you cut even faster through the water. (Wet)suit you sir!



Aqua Sphere Competitor Pursuit

£139.99

Aqua Sphere has partnered with Ironman to launch three new wetsuits. The unisex Pursuit is designed for weekend warriors and offers great design at fantastic value. The core is manufactured with Neoskin ENSS with strategically placed sections utilising Yamamoto SCS Nanoskin. Key benefits are comfort, warmth, flexibility and flotation.

Contact Aqua Sphere 01254 692200
www.aquasphereswim.com



Orca Alpha

£399.00

Already used by the likes of Tim Don, the Alpha is Orca's new top-of-the-line wetsuit. Yamamoto neoprene panels around the arms, chest, shoulders and back give the suit incredible flexibility, while a new forearm panel enhances your catch. Panels of Orca's unique Aerodome neoprene provide 30% more buoyancy than normal neoprene.

Contact Orca 01628 829782
www.orca.com



Zoot Zenith 2.0

£400.00

Zoot has updated their popular Zenith wetsuit for 2009, adding GLIDEflex in the shoulders for even greater range of motion, using thinner rubber on the sleeves and cuffs, and increasing buoyancy and flexibility in the legs. These added features, paired with the Zenith's 2mm Yamamoto SOS Nano exterior and 3mm low-density panel interior, deliver excellent speed and comfort.

Contact DJM Products 02380 811760
www.djmproducts.co.uk

maximal pace. Everyone can get faster by swimming in a wetsuit, but you need to train in it to make the most of it.

4 You can check your suit for fit

During Christmas, does your suit hang in the corner of a dark cupboard while you tuck into another Toblerone? Let's make a New Year's Resolution: don't leave it too late to check the suit over this year. Using it over the winter allows you to keep an eye on the fit and also pick up on nicks and tears.

5 It freshens up your training

Open-water reaches around 20° at most, while many pools are heated to 30°, so we're

not suggesting you do all your pool sessions in a suit. But add wetsuit swimming to your existing sessions and you'll shake up training. Replace one session a week with a short wetsuit session (no more than 30mins, for the sake of hydration) or add wetsuit swimming to a longer pool session.

However you decide to build in wetsuit sessions, do pay attention to fluids and don't forget to take a towel – if you're going to put the suit on during the session, you'll need to get dry first! Do ask your pool for permission to wear a suit beforehand, don't forget to grease all the usual places to avoid chafing, and do rinse your suit carefully in fresh water afterwards to avoid chlorine damage. **E20**

Wetsuit pool session

Warm up (either in your suit or not) before swimming a timed 1,000m in the suit. Alternate lengths, using odd lengths to swim more steadily, tweak your technique and practise sighting, and even lengths to accelerate to race pace or above. Your time for this 1,000m should be a pleasant surprise, proving how much faster swimming is in a wetsuit. You'll also get used to the extra buoyancy and introduce your shoulders to the restrictions of the suit. Do this session once a week and make your other swim sessions technique and interval-based.