CONTENTS

	Foreword vii Introduction ix
CHAPTER 1	The Open Water Swimmer
CHAPTER 2	Overcoming the Elements
CHAPTER 3	Choosing Your Events39
CHAPTER 4	The Open Water Tool Kit
CHAPTER 5	Building a Faster Freestyle
CHAPTER 6	Preparing for Short-Distance Swims 101

CHAPTER 7	Preparing for Middle-Distance Swims 127
CHAPTER 8	Preparing for Marathon Swims155
CHAPTER 9	Racing Tactics for Every Event
CHAPTER 10	Triathlon Training and Finishing Fast217

Resources 233 Glossary 239 References 243

Index 244 About the Author 253