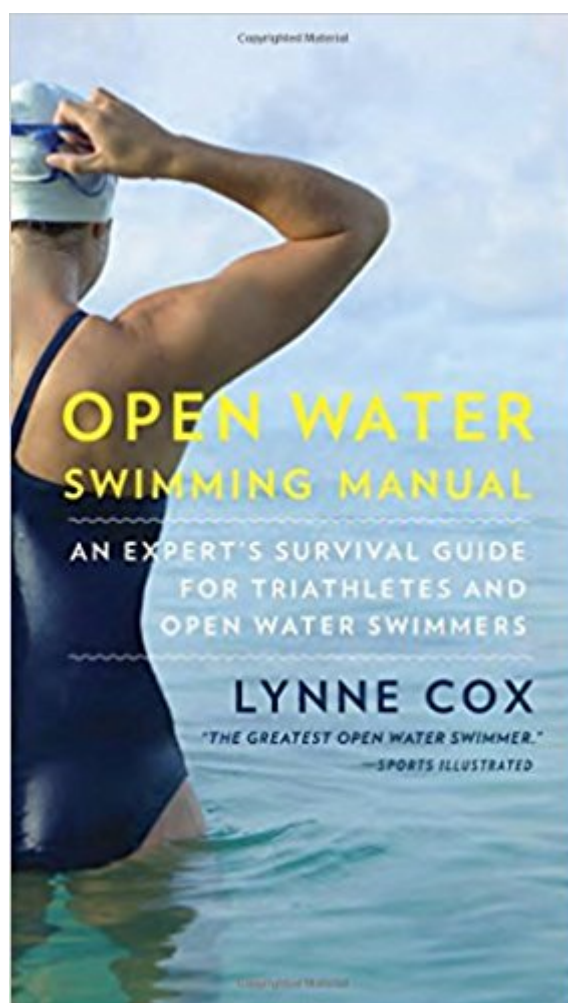


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# Open Water Swimming Manual: An Expert's Survival Guide For Triathletes And Open Water Swimmers



## 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

Praise for Lynne Cox's *Open Water Swimming Manual*"A paean to outdoor immersion. . . . [Cox] has channeled her vast expertise on the dangers, joys and logistics of open water swimming into a new book aimed at the exploding ranks of triathletes and other swimmers who are escaping the safe confines of pools. . . . The publication could hardly be better timed. A steep rise in the popularity of

triathlons has been swelling the ranks of open water events. . . . [Cox] tempers vision and enthusiasm with methodical, unstinting effort." —Andrea Kannapell, The New York Times

"Lynne Cox's books are the works of a singular mind. That was true for the best sellers *Swimming to Antarctica* and *Grayson*, and it is true for her new book, *Open Water Swimming Manual*, a 300-page paperback instructional that is the most unlikely page-turner you could put on your summer reading list. She's written a sort of fantasy in which you, the reader, are the protagonist. You can't swim half a mile? Cox will put you on a program to swim 10! . . . Cox's *Open Water Swimming Manual* could do for long-distance swimming what Jim Fixx's *The Complete Book of Running* did for the American jogging movement in 1977."

—Sports Illustrated "Lynne Cox is an artist of the open water. No one knows more about swimming's beauty and skill than this great champion, or could describe it with such clarity and grace. Every sport, every art should have a book like this and a guide like Lynne Cox."

—Christopher McDougall, author of *Born to Run*

Lynne Cox was born in Boston, Massachusetts, and grew up in Los Alamitos, California, where she presently lives. She has held open-water swimming records all over the world, for among others, the fastest crossing of the English Channel (at age 15), the Santa Catalina Channel, the twelve-mile Oresund between Denmark and Sweden, and the Kattegut between Norway to Sweden. Cox was the first woman to swim across the Cook Strait in New Zealand, the first to swim across the Strait of Magellan, the Beagle Channel between Argentina and Chile, Lake Baikal in Russia, and around the Cape of Good Hope. In 1987, Cox crossed the Bering Strait to the Soviet Union, and in 2002 swam more than a mile in the 31° F waters off Antarctica. Cox has been inducted into the International Swimming Hall of Fame. She is the author of *Swimming to Antarctica*, *Grayson*, *South with the Sun*. Her articles have appeared in many publications, among them *The New Yorker* and the *Los Angeles Times Magazine*. "The greatest open water swimmer."

—Sports Illustrated

Whether you are a beginning or advanced swimmer, or even a triathlete seeking to improve your open water swim skills look no further - this is the book you need. The author, Lynne Cox is nothing short of a true master of the sport. Drawing from her vast experiences that include breaking English Channel swim records as a teenager to swimming the Antarctic and nearly every body of water in between it is the most complete resource available to open water swimmers. She begins by covering equipment needs to assist the reader in making appropriate choices in swim suits, goggles, caps, wetsuits, and skin care products. Next, she presents skills and drills that are essential to developing

comfort and balance in the water and translate well into developing training programs. Her extensive research also combines the expertise of Navy SEALs, Wilderness medicine doctors, university based researchers, US Masters Swim coaches, and seasoned athletes to provide guidance in the areas of course scouting, tides, water quality, darkness, hydration/fueling needs, navigation, riptide, fog, waves, and marine hazards (like sharks!) For the advanced swimmer, there is even a chapter on the nuts and bolts of preparing for your own Channel Swim. It might be tempting to think that open water swimmers can skip all the technical details outlined in this manual but the rash of triathlon related swim deaths over the past couple of years highlights the need for all swimmers to respect the water and the challenges it presents. Most importantly, woven throughout this book is a real love for swimming that will inspire swimmers of all abilities to jump in and enjoy the water. I look forward to using this book as my go-to-guide for my future triathlon swimming endeavors.

She's the best

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!

Great read, I've just started my first open water training and this book tells you what you need to know other than training, what to pay attention to, what to avoid and how to enjoy your swim without fears.

I love Lynn Cox writing. I follow her because I'm an open water swimmer. I had this dream of swimming the English Channel since childhood when I saw Lynn on the tv after swimming in Antarctica. This book is a real manual. Very important for swimmers and crew. I would recommend to have that thru the journey that will take swimmers to this wonderful challenging! Have swim!

Its probably a very good handbook for ultradistance openwater swimmers. Gets into a lot of details on how to plan a really long swim. The strongest part for me of the book is the excellent approach to risk assessment /safety measures to consider before choosing where and how to train in open waters.Lynne shares her expertise , and this book is a reference for it.

This book takes you from the level of being interested to the subject, into living and understanding the subject. And not only that you get to learn a lot of real practical things about the sea world and how to understand and handle its environment. A very good book from a contemporary hero.

Well organized with lots of helpful information. I used it to train for my first 10 km open water swim. The book helped me to consider things I may never have thought of.

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