

Friday, August 1, 2025 10K Swim Vetting (with kayak escort requirements & general training suggestions)

Safety is Swim Across America's #1 priority. For this reason, we want to make sure you are qualified to complete the 10K swim within the four-hour time limit, and are also well-prepared for your swim to be a pleasant, positive and successful experience. Please **provide the following information when registering for the 10K swim**.

***Submit detailed distance swimming background as follows:**

What long distance open water swim(s) have you completed in the last two years?

Date, swim distance & location (body of water description, i.e. protected bay, lake or ocean).

Overall finish time? With or without wetsuit? Are official times posted online (provide link)?

**If you wish to do the SAA 10K Swim but are unable to provide recent long distance open water event results, you may apply for acceptance by providing prior (more than two years ago) open water swim distance event results and/or details concerning your pool and open water training for our committee to consider.*

Submit your training progress before the end of each month, which should include weekly mileage totals and distinguish between pool workout mileage and open water mileage.

► Direct submissions to Lisa Baumann at excelswimming@aol.com.

All 10K swimmers are required to provide their own kayak escort. Your escort must have prior open water kayaking experience, wear a USCG approved personal flotation device [vest] and know how to swim, bring a marine radio and a whistle. It is recommended that each kayaker bring a water bottle and some light snacks.

General Training Suggestions:

Minimum of three months training prep specific to 10K open water swim. During your 10K prep, build your distance in 2-3 week cycles, gradually increasing mileage with a few rest days between each cycle.

Minimum of four training sessions per week: first all pool, then add open water. Pool interval training is how you'll establish initial conditioning and improve speed. Once the weather warms up, substitute at least one open water swim for a pool workout each week.

Plan to do at least 4-5 LONG straight open water swims before August 1st. Start with perhaps just a one-hour swim, and then add 20-30 minutes to each of your long swims. Your longest open water non-stop swim should be a MINIMUM of two hours. Group training is preferable (never swim open water alone).

During the summer, many people swim at 8:00AM on weekends at West Neck Beach (largest group is Sunday morning). Swimming at West Neck Beach (north end of 10K venue) is highly recommended.

Bring your kayaker along on some of your long open water swims. Your kayaker should be NEXT to you on your breathing SIDE - NOT in FRONT of you - to avoid constantly lifting your head to sight.

If August 1st is sunny and you breathe to your RIGHT, you'll have the rising sun in your eyes during the first half of the 10K. If you breathe to your LEFT, you'll have the sun in your eyes on the second half [return trip] of the 10K. Pack both clear and tinted goggles for a cloudy or sunny day, respectively. If you plan to drink fluids or ingest snacks during the 10K swim, practice that intake when training. If you intend to wear a wetsuit during the 10K (not necessary in August - warm water!), also wear it during your open water swim practices. Consider using BodyGlide around your neck and armpits and applying sunscreen.