

Tactic	How Are You Making the Tactic Happen?	When & Why to Implement:	Stocking the Tactic Tool Kit
<b>Swim</b>			
Self-slotted start	Showing up in the swim queue early to ensure you start at your desired location.	Decide before the race so you mentally visualize your race start. Establishes your decision to control your race. You need to decide and not second guess your race tactics.	Includes time trial start races so you can choose an appropriate pacing slot. Realize you can find smooth water at the far sides of the pack or up front if you can hold the pace.
Quick start for positioning	Surging with quick swim start ahead of competitors.	At the sound of the horn for race start to get superior positioning up front.	Requires strength, quick physical recovery, and self-awareness of pacing.
Finding feet/Finding bubbles	Drafting behind swimmers with same pace by either getting as close as possible behind a competitors feet without impeding your stroke or his kick, or by swimming within an arm's reach to a competitor's side at waist high.	Early in the swim leg to grab the fastest swimmer you can draft. Saves energy and demonstrates you can hang with your top peers.	A fast swim leg will not win a race for you but lose it if you overcooked your effort to draft faster than you can sustain in a race.
Buoy turns	Holding your swim line and using a 90° cork screw turn if crowded.	At the entry point of turn start around the buoy. Provides the shortest swim distance.	Beware of swimmer back-up at turns. Avoid being at the outside edge of a turn which requires excessive additional swim yardage which impairs your time.
Pass others	Swimming faster than competitors.	At any point on the swim course. Results in establishing your race confidence and putting you on race pace for the swim leg.	Know how to maintain pace while others around you slow. Develop your self-awareness of pace when catching others in front of you, in your wave, or racers from earlier waves.
Getting passed	Maintaining steady pace as faster swimmers pick up their pace in your starting heat or faster swimmers from other waves starting behind you.	At any point on the swim course. Don't over cook your swim to maintain pace above your plan.	Know how to stay calm while others pass you in the race. Be relaxed. Execute on your race plan.
Ride open waves with confidence	Staying relaxed while maintaining desired stroking and breathing patterns.	At any point during the swim. Swimming relaxed with confidence prevents creating or worse, overstating possible fears brought on by anything beside smooth as glass swim conditions.	Learn to handle rolling, rushing, and turbulent waters. The sensations can mess with your mind and be stronger on the body than you think. Be comfortable breathing exclusively on either side while swimming. Sometimes shorter, choppy strokes are more effective than long glides with strong kicks.
Stand up to exit the water at the optimal location	Swimming until fingers touch the bottom, then standing up to run out of the water.	Once your fingers touch bottom during the pull phase of your swim stroke. Standing earlier than finger contact with the bottom will result in slower exit time and excessive energy expenditure to finish your swim leg.	Be patience at swim end. Rushing to exit in waist high or deeper water wastes precious energy and induces undesirable anxiety when not going as quickly as expected to get out of the water.

# TACTICAL TRIATHLETE

## Go Faster by Racing Smarter



**Different Races Require Different Tactics**

Tactic	How Are You Making the Tactic Happen?	When & Why to Implement:	Stocking the Tactic Tool Kit
Bouncing butterfly stroke near swim start	Cautiously do butterfly stroking with leg push off instead of a dolphin kick.	Launches you forward in the water quicker than swimming or running when too shallow to swim and too deep to run. Perform only when no one is in front of you. It's an efficient tactic at the start of the swim when starting on shore.	Push out more forward than deeper or higher. Use if water is above your knee cap and below your waist line. Can be intimidating to competition if they never included in their skills.
Bouncing butterfly stroke at swim exit	Cautiously do butterfly stroking with leg push off instead of a dolphin kick.	Launches you forward in the water quicker than swimming or running when too shallow to swim and too deep to run. Perform only when no one is in front of you. It's an efficient tactic at the end of swim to be strong for the bike leg.	Push out more forward than deeper or higher. Use if water is above your knee cap and below your waist line. Can be intimidating to competition if they never included in their skills.
Diving underneath incoming waves	Diving under waves breaking near the shoreline. Sighting wave action until getting beyond the breakers for smoother swimming.	Dive just before waves push or impede your swim progress. A wall of water from a wave can push you in the wrong direction back towards shore causing you to swim over the same area previously covered.	Know how to anchor your feet into the sand until the wave passes. Learn timing of when to dive under the wake or wave. Look out for others in front of you that don't know how to dive the waves and steer clear.
Body surfing to the beach in open water	Sighting waves to catch for a speedy ocean swim finish.	Catch your ride in the wave break area. The shore bound water will push you faster than you can swim. The opportunity will not last long but you'll be sitting on top of the world during your ride.	Body surfing is great cross training to develop the required skills for this tactic. It's a helluva lot of fun too!