



**Zoggs Open Water Swim Seminar**  
**Sunday 12<sup>th</sup> July 2009**  
**Eton, near Windsor**

Zoggs and Human Race look forward to welcoming you to Dorney Lake in Eton for the Zoggs Open Water Swim Seminar.

The event will involve a lecture and open water swimming session with top coaches. With access to open water so limited, we hope this seminar will be invaluable to help you achieve your triathlon goals this summer.

**Instructions**

Please note your time slot below and ensure that you arrive with enough time to register before being directed to the seminar room, which will be upstairs in the Rowing Centre building.

Registration will be at the **ZOGGS TENT which is near the triathlon registration and triandrun marquees**. Here you will receive your goodie bag, swim cap, wrist band and any last minute instructions. You must sign in here before going to the lecture.

**Registration will be open from 9.35am.**

**Start time**

11.00 lecture followed by 12.00 swim
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**Directions and Parking**

The venue is private property - the Dorney Lake Rowing Centre, Boveney, near Eton Wick, SL4 6QP. Please leave plenty of time to get there. Parking: is at the side of the bike course. The only access will be via the MAIN access road. (See Map) Just follow the signs as you come into the venue and allow for a 10min walk from the car park to registration.

**Facilities**

The café will be open all day, providing a **good range of hot and cold food and drinks (upstairs in clubhouse)**. Showers and toilets are available in the Rowing Centre building.

**Course Content**

Olympic coach, Bill Black, and his team of coaches from **thetrilife.com** will guide you through a 45 minute presentation in the gym area before you get changed and prepare for a 45 minute open water swimming session.

The seminar will cover confidence, deep water starts, pacing, sighting, race preparation, how to structure your training and more...

There will be a changing tent available near to the lake where you can change into your wetsuit if needed. However, please ensure you are already wearing your normal swim kit before coming across to the changing tent.

Please note that triathlon racing will be going on all around you and you will have to cross the cycle route to get to the return lane for the swimming element. You will be chaperoned across the course in a group.

**Equipment**

The water temperature will be around 18C.

All swimmers will need to bring their own swimsuit and a wetsuit if you have one.

You will be provided with a free swimming cap, and a selection of Zoggs goggles will be available to purchase. Swimwear and equipment is available to purchase from the main Zoggs stand and at **triandrun**. Don't miss out on your opportunity to swim in comfortable fog- and leak-free goggles this season, as well as purchasing all the latest training suits and equipment.

**Your Training**

Swim4Triathlon™ is a free online training programme provided by Zoggs. Programmes are suitable for all levels of triathlete completing anything from sprint to endurance events.

You can also log your training, access tips and advice and receive a free newsletter. Log on now to join free: <http://www.swim4fitness.com>

After the seminar, with your newfound confidence for open water swimming, we hope to see you competing at one of our events. See our website for details:



[www.humanrace.co.uk](http://www.humanrace.co.uk)