



LANZAROTE SWIM CAMP

WHAT TO BRING

As well as your usual sport training kit - swimsuit, wetsuit (even if you are swimming without) trainers, running gear etc - we suggest you also bring the following:

Suncream. The sun in Lanzarote is deceptively strong and swimming for many hours is a recipe for severe sunburn (even in a wetsuit!). Bring waterproof factor 50 and apply to any exposed areas, including feet, ankles and wrists, before your swim.

Sport nutrition. Nutrition - it is critical to your success to have a workable feeding plan for your Channel swim and Lanzarote is a good time to experiment. Try as many different foods as you can during your long training swims. In general you should give your boat crew a feeding plan for your swim detailing times of feeds and what you would like. During the swim this will inevitably be adjusted but it's a starting point. There is a lot of literature and differing opinions on ideal nutrition for Channel swims. People have swum the Channel using all sorts of food ranging from sugar drinks to blended full English breakfasts. Our advice is therefore to use your training to discover what works for you during long sea swims and remember that what seems great at 6 hours will not necessarily work at 8 or 10 hours and beyond.

Swim feeds are generally liquid as they are quicker and easier to get down while treading water. Some swimmers manage very well on maltodextrin drinks (such as CNP profuel) but others find that relying solely on maltodextrin can make them bloated, sick

and give them diarrhea. This seems to be more of a problem on very long swims – and Arch 2 Arc swims do tend to be long as the athlete starts their swim with some fatigue from the run stage. UCAN is a carbohydrate alternative to maltodextrin that tends to be better tolerated – it is absorbed differently and does not promote an insulin response. You do not get the same boost from UCAN, but neither do you get the blood sugar dips.

As the swim section of Arch 2 Arc is just one part of a longer challenge, again try to take on some real food during the swim. Foods that have worked in the past include oat based drinks (think blended porridge), tinned peaches, warm spaghetti hoops ... It's all very individual, just make sure you've thoroughly tested your nutrition during training in long sea swims. Avoid foods that require chewing, such as malt loaf, as these will slow down your feeds. Little treats are very good and give a good mental boost. Favourites include things like jelly babies, milky ways and jaffa cake biscuits. Bear in mind that these are just little treats and not intended to be your main source of food – they give you something to look forward to at feed times and make a change from drinks and seawater in your mouth. It is good practice to swill and spit the first mouthful of drink so less salt from inside the mouth is ingested. Avoid electrolyte drinks as inevitably you will have ingested plenty of salt already.

Black tea is a good idea to have available on the boat. If you start to feel bloated, sick or have trouble peeing then a feed of black tea can help to flush your system through before resuming normal feeds again. New research suggests that it is possible to trick the body into thinking it has had a carbohydrate hit by swilling the mouth with a maltodextrin drink. The drink is then spat out rather than swallowed so the body does not experience the associated insulin response and subsequent blood sugar dip. This may be worth trying if you are feeling bloated.

Feeding bottle. We hope to be able to feed you in deep water during some of your swims. This is an ideal opportunity for Arch2Arc athletes to practise feeding while treading water. We recommend a pint milk bottle with a handle, see photo. Whatever you decide to use make sure you have thoroughly tested it out feeding in deep/choppy water.

Lubricant to prevent chaffing in salt water (this is expensive to buy on Lanzarote). We suggest using either vaseline or lanolin/vaseline/sudocreme mix (which provides more protection against rubs). Bodyglide and similar products do not provide enough lubrication for Channel swims.

Mugiro neck protector. Wetsuit rubs in salt water can be horrendous so if you are wearing a wetsuit consider buying one of these (available on Amazon) - they have been used by a number of athletes in previous years with great success. (it must be a snug fit, not loose)

Safety tow float. This is **OBLIGATORY** - you will swim big loops and there is always the possibility of boat traffic in the area. We appreciate that tow floats can be annoying when secured around your waist. One solution is to drag them from your foot on a long

cord instead - you will hardly notice it. Use a surfer's neoprene ankle cuff or similar to secure to your foot.

Swim cap. Bright colour if possible - blue, white or black caps are very hard to spot in the water and are not advised.

Goggles. Light conditions can vary so either bring a light reactive pair or 2 pairs (1 tinted and 1 clear). A spare set would be useful to leave in your named beach bag.

A watch. You are responsible for being on time for your feeds.

A named bag or cool bag to leave on the beach during swims for your feeds.

Woolly hat and warm clothes for after swims. It is more effective to warm up after a long swim by wearing warm layers and shivering than to jump straight in a hot shower. A warm bath (if one is available in your accommodation) is a better alternative to a shower.

A swim light for a possible night swim (adventure type light that attaches to the back of your goggles, green if possible).

A head torch if you intend to do the night run. The 6 hour night walk/run followed by a swim after breakfast is a training session very specific to Arch2Arc and we hope to be able to offer this more than once during the camp. It's useful to get a feel for how fatigue affects your ability to feed/withstand the cold in the swim.

If you have any questions at all on then either a message on the Whatsapp group - other athletes may have the same question.

We look forward to seeing you in Lanzarote!