



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: Sonni, When I swim in a race, I don't wear a tri jersey, I put that on > in transition. Now doing so is a real pain in the ass since I am wet > and the jersey is dry. Just how much drag does a tri jersey create? Is > it worth it to swim in the jersey in order to save t time? any tips on > getting a dry jersey over a wet body?..... JP

A: GREAT QUESTION! (here's the secret).....

YOU'RE EXACTLY RIGHT [when saying that putting a dry jersey on over a wet torso, in transition] CAN BE A PAIN.....YET A JERSEY **DOES** PROVIDE SUN-COVERAGE AND HOLDS COOL WATER NEXT TO THE SKIN, WATER THAT YOU CAN POUR ON YOURSELF ON HOT DAYS.

SO, (FOR NON-WETSUIT SWIMS AND POOL SWIMS) WHERE NO WETSUIT WILL BE WORN OVER IT, WE RECCOMEND PUTTING **ON** THE JERSEY BEFOREHAND AND THEN WEARING A TIGHTER FITTING 'SWIM-TOP' **ON TOP** OF THAT.

WHILE IT'S HARD TO PUT SOMETHING ON (dry jersey on wet torso) IN T-1.....IT'S VERY EZ & FAST TO TAKE SOMETHING OFF.

SPEEDO, NIKE, AND TYR ALL MAKE SWIM TOPS THAT ARE ACTUALLY MORE HYDRO-DYNAMIC IN THE WATER (which is why you see so many Olympians wearing them in competition).....MAKING THEM FASTER. THESE TOPS AIN'T CHEAP, THOUGH.....UP TO \$60 TO \$120 EACH.

BUT.....I'VE USED THE "UNDER-ARMOR" BODY-LYCRA TOPS (SHORT-SLEEVED AND LONG SLEEVED) THAT YOU CAN FIND @ ANY DICK'S SPORTING GOODS FOR \$29-\$39. ALL YOU DO IS BUY A SIZE SMALLER THAN YOU'D NORMALLY BUY FOR A REAL, REAL TIGHT FIT.....

.....THEN WEAR IT **OVER** YOUR TRI-TOP ON RACE-DAY.....AND PEEL IT OFF AS YOU RUN UP TO T-1

.....& **VOILA'**, YOUR TRI-TOP IS ALREADY ON AND YOU AVOIDED THE WRESTLING MATCH.

MAKE SENSE?

Sonni