

## LIDO LOVE - Miles with Smiles

I'm a long term student of The Swim Shed & TI . I swim regularly, once the water temp is above 10 degrees, with the Broggie Doggie Paddlers at Brogborough lake in Bedfordshire. It's a large lake with clear water and as long as you avoid the fishermen & windsurfers, you can swim where you like before 9am.

I love the lake and the people I swim with. I am also drawn to the good old fashioned lido, by the turquoise blue water and the Art Deco buildings. I'm also up for a challenge, so when my swimming buddy Steve introduced me to the **Swim 4 Life Events** at Guildford lido, it was a no brainer.

Last year, fellow Broggie Doggie Paddlers - Frank, Jim, Connor and I entered the **24 in 24 Event** (a mile an hour for 24 hours) as a team of four (so 6 miles each, whilst Steve did the 24 solo!!).

We had such a good time (barring Steve whose finishing comment was never again lol) that the four of us immediately signed up for the **12 in 12 Event** being held for the first time in April 2018, to give swimmers a taste of the 24hr experience!

So January arrives and I start thinking about some distance training, aiming to add a long swim to a couple of drills sessions each week. Being a strong believer in Keith's mantra, 'don't over train, you've got a long distance event to do', I decide to build up to a 6 mile swim, knowing the event itself will require mental strength and be fuelled by chocolate mini rolls and pizza.



I think about it some more...  
Late January arrives and I put it into practice, arriving at the pool early on a Sunday morning armed with a picnic. First swim approx 40 mins, tune up, drills, steady swim, 10 mins in the steam room, back in for a steady 30 mins, out for 10, coffee & oat cakes, or

chocolate mini roll, back in for 30 mins, out for 10, more coffee etc. I repeat the pattern each Sunday building up to 5 miles. Murphy's Law strikes and due to an untimely and unsightly cyst removal (it was bang in the middle of my forehead), stitches meant I couldn't swim for a week, so the 6 miler didn't happen. The week before the event I did a 4 mile session, but felt confident that the mix of my swimming and determination would get me through on the day.

The day itself was significantly better than forecast, with an 8am start we were up at 06:30 (staying in the hotel opposite) rice pudding for breakfast, meet Jim and Connor (Frank was out through injury, note cycling and beer mixed can be dangerous) and we stroll over the road to the lido to get ready. Water temp 19 degrees, didn't sound too bad, and felt warm to the finger tips. 8am soon arrived and the first wave are off, the water felt cold!! No hanging around, just got on with it, mile 1 and 2 were cold and I was thinking the wetsuit may have to make a reluctant appearance.

However, by 10am, mile 3, the sun was making a difference and I'm enjoying myself. With support from my husband, Chris, having towels and dry robe ready and waiting, we get a system going, I'm toweling down and getting into a dry cossie, he's getting me a tea, or coffee and whatever snack I fancy. Frank, Steve and Claire also providing much needed moral support.

I was holding a steady 34/35 minute mile, mile 5 was my slowest by a couple of minutes, after mile 6 I needed more carbs, so tucked into pasta and pesto (Chris had cooked a whole 500g bag!!). The sun was still shining and mile 7, 8, 9, came and went, still holding 34 mins. By mile 10 it was getting tough, so the pizza Steve had delivered didn't touch the sides. By mile 11 and 12 many swimmers were alternating breast stroke, or back stroke with front crawl, but my stroke held up for the whole event and despite being dog tired and and glad to finish, I had no aches or pains. A big congratulations to Connor and Jim and everyone else taking part.

The next day, apart from sunburn and nodding off every time I sat down, my arms and shoulders felt tired, but good. Without a doubt my focused training was the key and in hindsight if someone had told me I had to do another couple of miles I probably could have done it.

So three weeks on and looking back, what would I have done differently; remembered to pack sun cream, boy the back of my legs were sunburnt, remembered to pack flip flops, thanks to Claire/Connor for the loan of Crocs and I'd have got in that lake to get some cold water training.

What wouldn't I change; consistent practice of TI drills, that made more difference than the distance training, 12 x swimsuits, support from Chris, Steve, Claire & Frank, malt loaf, pasta and pizza.