

10 tips for a Successful Rotto Experience

- 1) Do as many of the OWS (over 2km) on the Calendar as possible, or make sure you do at least 1 swim per week in the ocean or river to acclimatise to the colder aquatic environment.
- 2) Train with friends or a group to keep focused and enthused
- 3) Increase your training gradually! Break your training program up into blocks of 4-6 weeks allowing the final week of the block to be a recovery week. Then build each block so that they get progressively harder and longer.
- 4) Set yourself mini-targets/short term goals along the way that are realistic and reward your-self for those
- 5) Ensure you have the best support crew possible, your boat driver is experienced, your paddlers are well practiced and they are all co-operative and positive people.
- 6) Don't do anything or try anything "new" on day, make sure everything you eat or use has been tested and tried.
- 7) Worry about your own preparation and not that others and keep focused on things in your control.
- 8) Have a good support network around you; let your friends and family know about your challenge and what they can do to help you fulfil your goal.
- 9) Listen to your body, be aware of your energy/stress levels, any slight pain in your shoulders or back or sore throats/illness. Be on top of your health and see a Doctor or Physio at the first sign of anything that could potentially put you out of the water for any long period of time.
- 10) KEEP IT FUN!!!