

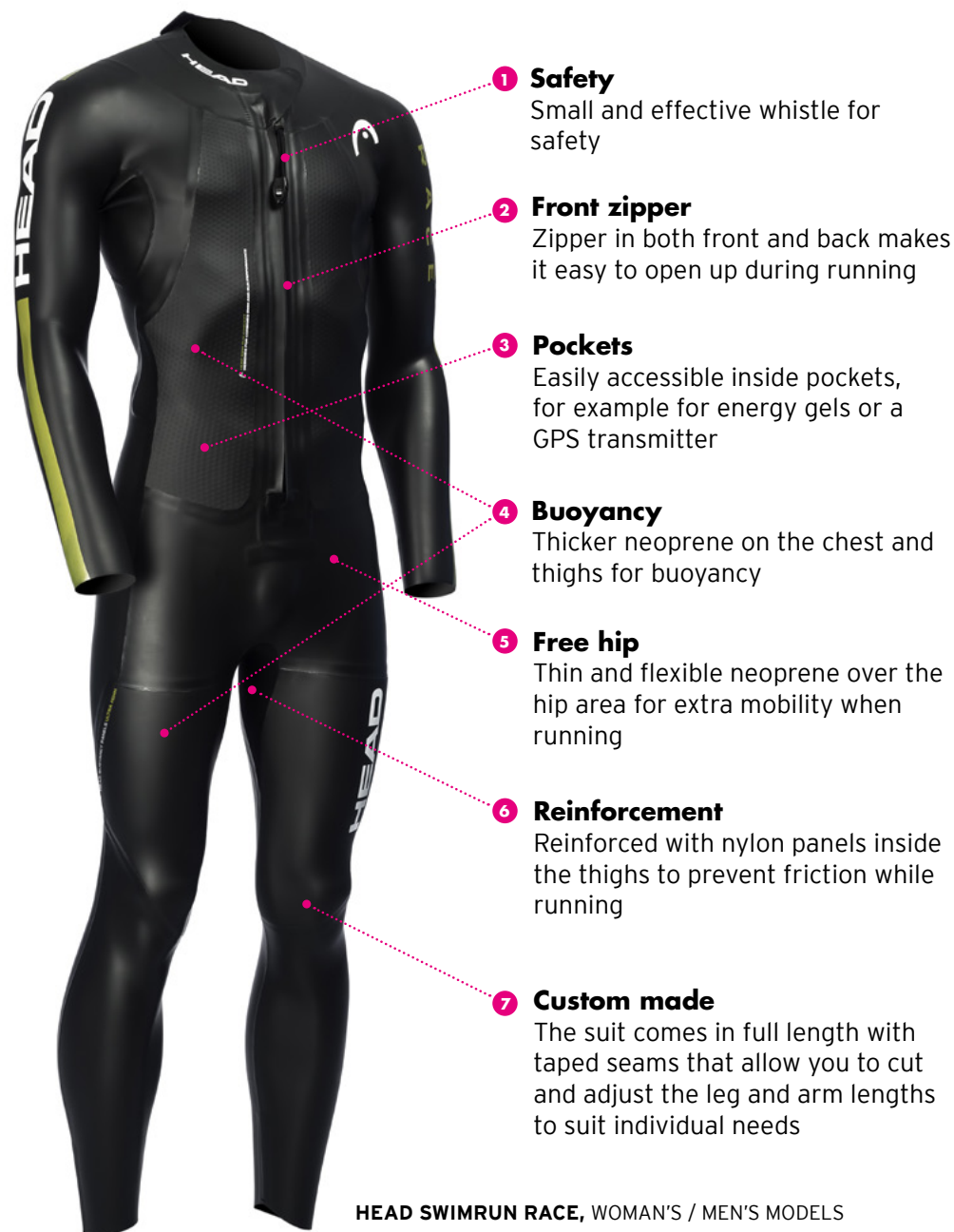
# SWIMRUN

## EQUIPMENT GUIDE

### SWIMRUN SUIT

When it comes to equipment for swimrun, your choice of wetsuit should be the first thing you consider. A suit specially designed for swimrun makes it significantly easier for you to get through your race.

#### What's the difference between a swimrun suit and a regular wetsuit?



HEAD SWIMRUN RACE, WOMAN'S / MEN'S MODELS

### UNDER THE SUIT

Find the best combination of comfort and function. We recommend a top and shorts in lightweight and fast-drying material. In many swimrun competitions, it's mandatory to bring certain equipment (eg GPS transmitter and first aid kit). With this in mind, make sure your swimrun wear has convenient pocket solutions.

#### Swimrun wear **Swimrun top**

The top should be lightweight and fast-drying. Tight pockets for accessories and energy gels should be positioned to not disturb you during the race.



##### 1 Chest pocket

Tight front pocket for belongings you need easy access to during the race, eg energy gels. Secure closure keeps contents in place

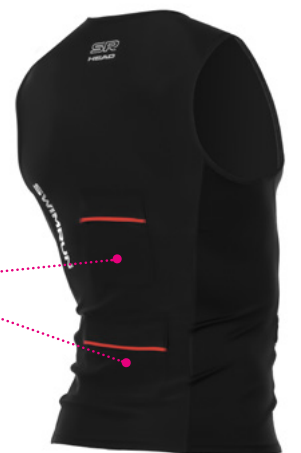
##### 2 Side pockets

Two tight side pockets, for ex. energy gels. Secure closure keeps contents in place

##### 3 Back pockets

Two tight back pockets for eg GPS or first aid kit. Placed along the spine so as not to disturb your race. Secure closure keeps contents in place

HEAD SWIMRUN TOP, WOMAN'S / MEN'S MODELS



#### **Swimrun shorts**

The shorts should be lightweight and fast-drying. Compression fabric gives good support to the major muscles of the thighs and bottom.

HEAD SWIMRUN SHORTS, WOMAN'S / MEN'S MODELS

### ACCESSORIES

In swimrun you are free to use accessories that can help you move faster and more energy-efficiently. Remember that the equipment you start with you will have to carry until you cross the finishing line. With this in mind, make sure you don't bring any unnecessary equipment. You can find the most important accessories for a successful race below.

#### **Pull buoy**

The most common accessory is the Pull Buoy - the lighter the better. It will be your friend throughout the race. The Pull Buoy puts your legs in a high water position, which is extra important when swimming with shoes on. Attach the Pull Buoy around one leg with an elastic band.



HEAD PULL BUOY, LIGHT WEIGHT

#### **Goggles**

Find a pair of goggles that fit your face. For longer swims, a soft silicone skirt against your face is more convenient. Make sure you can easily adjust the neck strap even when you are in the water.



HEAD TIGER MID

#### **Paddle**

The paddles give you higher stroke power and make you swim more energy-efficiently. Paddles should be lightweight and durable - you want them intact throughout the race. It's important that you get used to swimming with paddles as they increase stress on the shoulders.



HEAD SWIMRUN PADDLES

#### **Neo cap / neo bandana**

The most important body part to keep warm is your head. A neo cap or bandana allows you to swim in much colder water. Choose a brightly coloured model for visibility.



HEAD NEO CAP HEAD NEO BANDANA

#### TIPS

##### **Safety**

Make sure you swim safely. A safety buoy is a simple and effective way to make yourself visible when swimming in open water. You can also store your essential accessories in the waterproof compartment (eg. keys, wallet, etc). The safety buoy won't slow you down or have any negative effects on your swim.



HEAD SAFETY BUOY