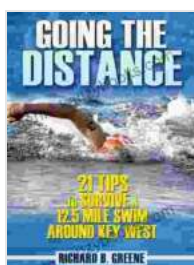


21 Tips To Survive 12 Mile Swim Around Key West

The 12-mile swim around Key West is a challenging but rewarding experience. It's a great way to test your limits and see what you're capable of. But it's also important to be prepared for the challenges that you'll face. Here are 21 tips to help you survive and thrive on your swim.



Going the Distance: 21 Tips to Survive a 12.5-Mile Swim Around Key West by Richard B. Greene

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 64 pages
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1. Train properly

The most important thing you can do to prepare for the 12-mile swim is to train properly. This means swimming regularly and gradually increasing your distance and intensity. You should also practice swimming in open water, if possible. This will help you get used to the conditions you'll face on race day.

2. Find a training buddy

A training buddy can help you stay motivated and on track. They can also provide support and encouragement during your swims. If you can, find a training buddy who is also planning to do the 12-mile swim. This will give you someone to train with and talk to about the race.

3. Set realistic goals

It's important to set realistic goals for your swim. Don't try to swim too far too fast. Start with a shorter distance and gradually increase it as you get stronger. It's also important to listen to your body and take breaks when you need them.

4. Eat a healthy diet

Eating a healthy diet will help you stay energized and healthy during your training and race. Make sure to eat plenty of fruits, vegetables, and whole grains. You should also drink plenty of fluids, especially water.

5. Get enough sleep

Getting enough sleep is essential for your physical and mental health. Make sure to get at least 7-8 hours of sleep each night. This will help you recover from your workouts and be ready for your swim.

6. Prepare your gear

Make sure you have all the gear you need for your swim. This includes a swimsuit, goggles, swim cap, and sunscreen. You may also want to wear a wetsuit if the water is cold. It's also a good idea to test your gear before race day to make sure it fits properly and is in good condition.

7. Arrive early

On race day, arrive early so you have plenty of time to warm up and get ready. This will help you relax and focus on your swim.

8. Stay positive

It's important to stay positive throughout your swim. Even if you're feeling tired or discouraged, don't give up. Keep telling yourself that you can do it. And remember, you're not alone. There are other swimmers out there who are going through the same thing.

9. Don't be afraid to ask for help

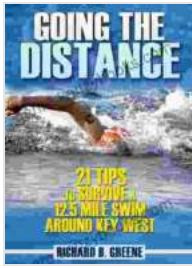
If you need help during your swim, don't be afraid to ask for it. There will be kayakers and other support staff on the course who can help you if you need a break or if you're feeling sick.

One of the most important things you can do before your swim is to visualize yourself completing it successfully. See yourself reaching the finish line and feeling a sense of accomplishment. This will help you stay motivated and focused during your swim.

10. Enjoy the experience

The 12-mile swim around Key West is a challenging but rewarding experience. Make sure to enjoy the journey and take in the beautiful scenery.

The 12-mile swim around Key West is a great way to challenge yourself and see what you're capable of. By following these tips, you can increase your chances of success and have a safe and enjoyable experience.



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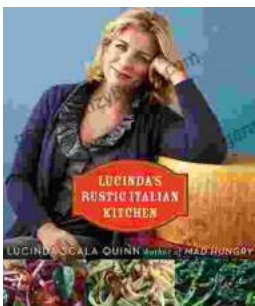
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