

5 top tips – Event preparation

1 Take a first dip in the pool and start training:

Perth has lots of amazing outdoor pools such as Scarborough Beach Pool, Bold Park Aquatic Centre and the Plunge venue, HBF Stadium! When training, be sure to spend time thinking about your stroke and breathing. Slow the stroke down and try and glide through the water as much as possible. This will make each lap easier and conserve energy. Practice makes perfect so the best way to feel more comfortable in the water is by getting in! Remember, you never regret a swim.

2 Assemble a team of 8 or more and take the Plunge:

The more of you there are, the more fun the event will be! Each team will have their own half-lane and can design their swim schedule how they like. A pro tip from me is have a big team. This means fewer laps and more laughs on pool deck. Encourage your friends, family, neighbours and colleagues to be a part of your team to raise money for life-changing medical research.

3 Make it social:

Swimming is available to all age groups and abilities. There are a number to swim squads around Perth to get you motivated to train and support you with any technique questions you have. Port to Pub superstar Ceinwen Roberts runs the Positive Swim Squad and is a local Perth expert running sessions for all abilities as well as private lessons for your team.

4 Fuel your body and mind:

Swimming is a low impact sport that uses lots of muscles in the body. This means before and after each swim make sure you fuel up on protein and carbohydrates. Start thinking about what you might eat during the swim and take snacks with you to your training swims. It might feel strange eating in the middle of a training swim, but your body will thank you for it. I make sure I always have a banana and lollies with me in my swim bag! Other foods to try are dates, greek yogurt or even honey sangers.

5 Shout about it:

The Plunge is an exciting new challenge for the whole community. The more your team can fundraise for the Perkins, the more rewards you will all receive. Will you be a Stingray, curious and spirited, sticking to the shallows and ready for fun? Or the tycoon of the pool, a Shark, determined and driven to beat your target? Stay tuned for more info!

