IGNITE SwimRun FAQ's

Is SwimRun only for elite athletes?
No. Although each race can have varying elements such as the ratio between swimming and running distance, the type of terrain, the height gain, the number of transitions; all races can be completed if properly trained for. Each participant should be confident in open water and be able to run long distances.

How good at swimming do you have to be?
You do need to be a strong swimmer to take part in a Swimrun event. If you can do 2500 meters front crawl, then you're ready for a Swimrun. The swim training is the most important training requirement for a Swimrun race and you need to be prepared with a number of long training swims of at least 3 km. You will also need open water experience, which is very different to a pool environment. Water in lakes, oceans and rivers can be very cold and deep, with no lines to follow keeping you going in a straight line. Many people are scared by the swim sections, but bear in mind that the wetsuit and the optional floating devices give you an incredible amount of buoyancy that will help you out a lot.

Do I enter as a team or can I complete solo?
Most SwimRun races are completed in teams of two. This is one of the unique and fun features of the sport, and during the longer races it is important for safely reasons, especially during long and technical open water swims.

Do teammates have to stay together?
Teams of two must stay together for the whole race – you are a team after all! Some teams like to use a bungee tow rope which can help even out the individuals strengths allowing one person to be 'pulled' along and will help to keep you close during the swims, however, they are not mandatory. Teams of two must stay together (within 20-meters of each other on land and within 10-meters of each other in the water) for the entire race.

How do transitions work?
At each water entry and exit there will be a race marshal and possibly a timing station. This will give us your time splits but will also help us keep track of your movements so

we always know where you are for safety reasons. Teams must arrive at each transition as a pair. Teamwork is particularly important at transitions as you might need to help each other out of the water or check each others wetsuit is just the way you need it as you make your water entry.

SWIM IN MY SHOES, RUN IN MY WETSUIT… REALLY?

During a Swimrun event you don't change your kit like you would in a triathlon: you swim in your trainers and run in your wetsuit. This is all part of the challenge and the fun! Running in a wetsuit takes some getting used to as it feels restrictive and hot, swimming in wet shoes increases drag in the water and just feels odd. Swimrunners have come up with a number of solutions to these problems, including custom wetsuits and using pull buoys, fins and hand paddles. Check out swimrun.com to find information, tips and ideas about Swimrun wetsuits, shoes and gear.