



GET STARTED: SWIMMING

Just starting out? Here's all the gear you need to dive in—literally.

Trislide \$16.20

Helps you slip your wetsuit off after the swim and prevents your neck from getting a chafing hickey. Trislide.com

Aqua Sphere Lima \$39.95

Stylish suit provides fit and support for mid-size figures. Aquasphereswim.com

Blueseventy Spectra Jammer \$39

Stays tight against your body without going full swim brief. Blueseventy.com

Tyr Pull Float \$11

Keeps your legs up in the water so you can concentrate on your upper body. Tyr.com

Blueseventy Element goggles \$12

Comfortable and affordable pool-style goggle creates a reliable seal if the non-adjustable nose bridge matches your face shape. Blueseventy.com

Speedo Air Seal Tri Mirror goggles \$25

Creative airbag-style gasket seals without pinching. Speedousa.com

Xterra Volt \$99

Experience wetsuit swimming without the typical price tag. Xterrawetsuits.com

Tyr Tracer Edge Racing Cap \$18

Durable silicone cap won't latch onto your hair. Tyr.com

Tyr Mentor Hand Paddle \$21

Work on your swim-specific strength while improving your catch by integrating paddles into your swim workouts. Tyr.com

