



# Julian Mills

*Tips for Marathon Swimming*

2026 South32 Rottnest Channel Swim





# Background





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## Ten Rottnest solos

- First solo over 7 hours – Best 5hrs:36m
- 2 x 25km P2P
- 2006 Cancelled RCS, 2018 Cancelled PTP
- 2 Out of Event Crossings
- 2 x Duo, 6 team crossings plus one team DNF due to weather

Skippered 8 times in race and 4 times Out of Event

Manhattan New York 20 Bridges

Support for English Channel

Port to Pub Race Director





# The Lead Up



# Prepare Your Mind

The hardest part is deciding to do the swim, making the commitment and dedicating the time to the training



Be vocal, back yourself into a corner



Then commit to training

Tell everyone you are doing it



# Prepare Your Body

Join a Squad or a gang

Make sure you do ocean/river swims

- Get used to swimming without a dotted line and experience waves, salt and stingers
- Organised swims are good (OWS, surf clubs)
- 10k qualifier – try and get it over and done with and try to do more than one

Start training at least 3 months out

The key goal of training is to find your “Go All Day Pace”





# Join a Squad or a Pack



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# Acclimatise Yourself





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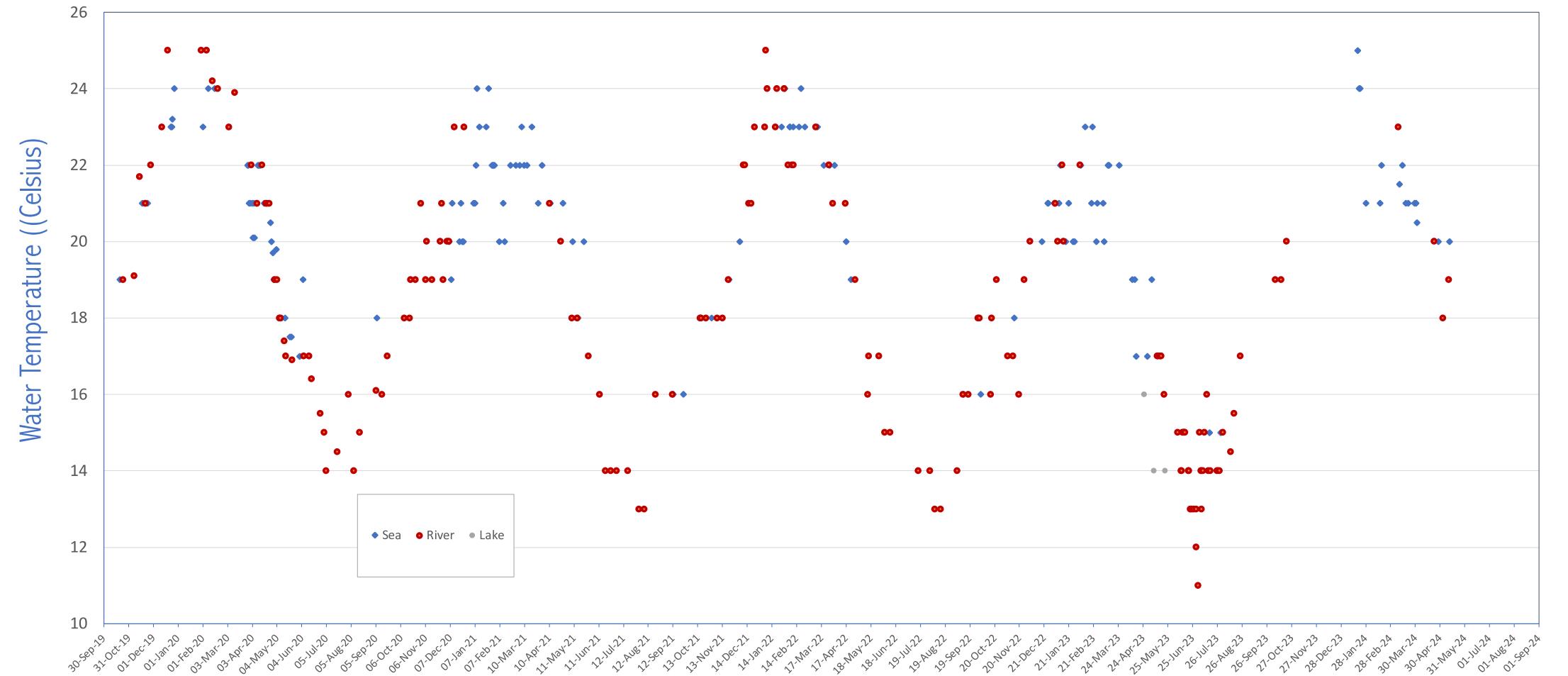
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# Acclimatise yourself

Perth Water Temperatures



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# Avoid Mental Harm

Prepare yourself mentally - training will be time consuming

Expect to be tired and grumpy

Clean up your act - vices should be foregone

Overseas holidays may make training difficult

Be mindful of others - Appreciate your family's patience





# Avoid Race Day Stress

## Lock down logistics well in advance

- Skipper/Boat
- Paddlers/Canoes
- Food, drink, medication....

## To “fast suit” up or not?

## Transport and Support at Cottesloe/boat

## Communication reduces stress

## Support/Accommodation at Rottnest

- Pack a post swim bag





# Make a Plan

## ROTTNEST CHANNEL SWIM 2020

### 1 Saturday 23 February 2019

#### 1.1 BOAT

Time	Comments
4.15am	<ul style="list-style-type: none"> <li>Oliver and Charlie to boat.</li> <li>Boat leaving Claremont Yacht Club at 4.35am</li> </ul>
4.50am	<ul style="list-style-type: none"> <li>Jane and Julian to beach with Sally and Ray</li> </ul>
5.30am	<ul style="list-style-type: none"> <li>Position boat in holding area, 1000m mark, (orange buoy), at southern side of swim channel</li> </ul>
5.45am	<ul style="list-style-type: none"> <li>1st wave of solo swimmers (champions of the Channel gold caps) start</li> </ul>
5.50am	<ul style="list-style-type: none"> <li>Julian in 1st wave of solo swimmers (white caps Wave A) start</li> <li>Julian to wear cut-out red cap over white cap to help identify.</li> </ul>
6.00am	<ul style="list-style-type: none"> <li>Jane meets up with Julian at 500m mark, (yellow buoy), southern side of swim channel</li> </ul>
6.15am	<ul style="list-style-type: none"> <li>boat moves in to meet up with Julian and Jane.</li> <li>Plan is to not progress past last red buoy until this has been achieved.</li> <li>Boat will have large pirate flag to help identify.</li> </ul>

#### 1.2 BEACH

Time	Comments
4.50am	<ul style="list-style-type: none"> <li>Julian to Jane to drive to beach.</li> </ul>
5.00am	<ul style="list-style-type: none"> <li>Julian, Sally arrive at beach to do zinc cream &amp; wool fat. Jane arrives at beach.</li> <li>Meeting place north of Indiana's, north of road down to beach, on tiered grass, southern aspect.</li> </ul>
5.35am	<ul style="list-style-type: none"> <li>Jane to head to paddle craft departure point (southern)</li> </ul>
5.50am	<ul style="list-style-type: none"> <li>Start of wave A, after gold caps and wave A white caps, (ours is 3rd wave off beach)</li> <li>Sally taking beach bag home, to be collected by Julian on return</li> </ul>

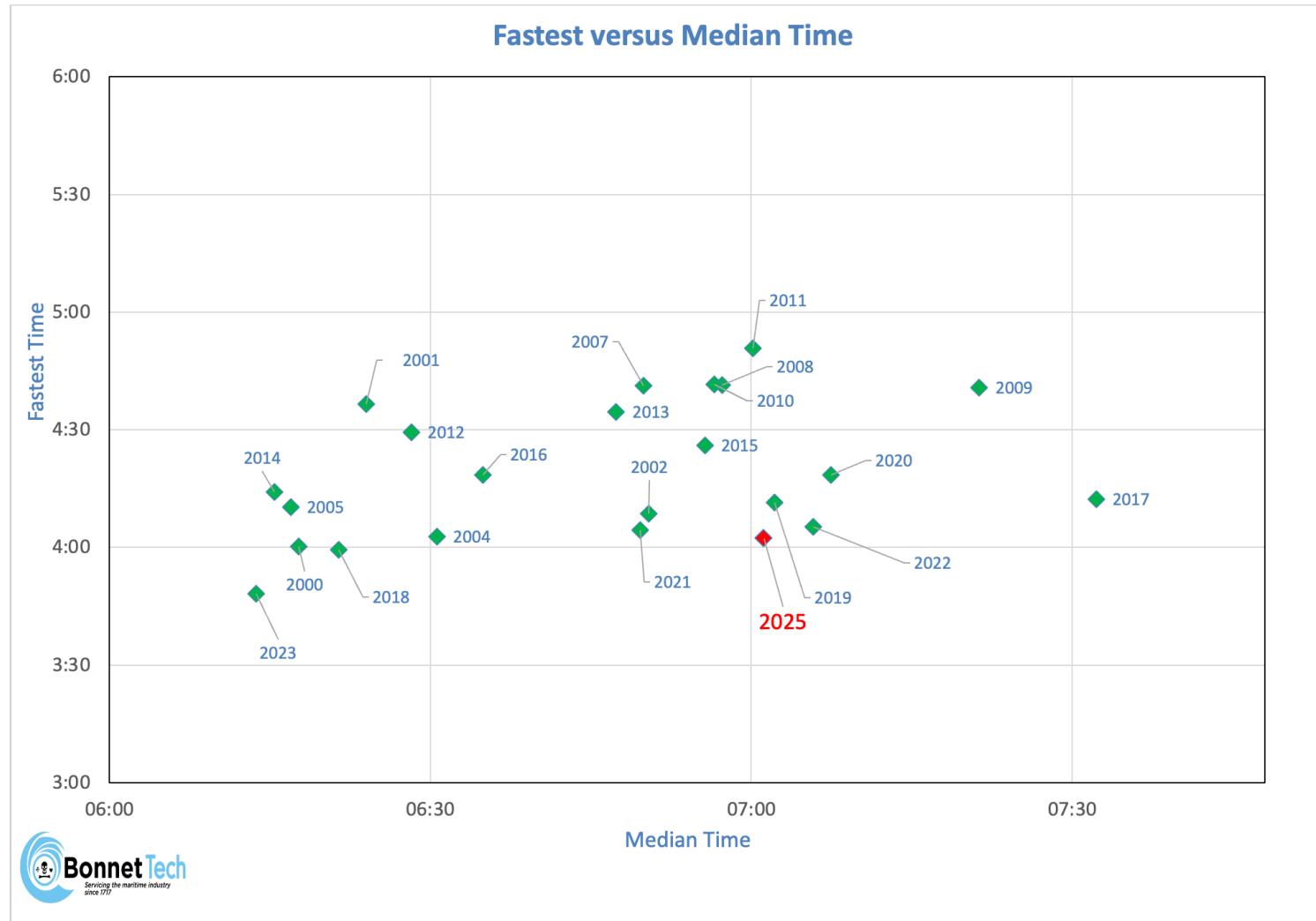
#### 1.3 SWIM

Time	Comments
Feeding	<ul style="list-style-type: none"> <li>Timing/ feeding- rotations</li> <li>30mins- drink -room temperature</li> <li>Two-minute warning to Julian by Jane</li> <li>See Fee Schedule</li> </ul>
Phillip Rock	<ul style="list-style-type: none"> <li>Boats peel off. Swimmer &amp; paddler continue</li> </ul>
19.25km	<ul style="list-style-type: none"> <li>Paddlers peel off. Swimmers continue alone to finish</li> </ul>
Rottnest	<ul style="list-style-type: none"> <li>Charlie and Oliver meet Julian and Jane at finish with bag.</li> <li>Team meets at finish line</li> <li>Much rejoicing</li> </ul>





# How long will it take?





# Plan Your Feeds

Time	Elapsed Time	Approximate distance	Julian	
			Feed	Additional
5:50 AM			Depart Beach	
6:20 AM	0.50	1.8km	Electrolyte	
6:50 AM	1.00	3.6km	Electrolyte /Carbo Shot	
7:20 AM	1.50	5.4km	Electrolyte	
7:50 AM	2.00	7.2km	Electrolyte /Carbo Shot	
8:20 AM	2.50	9km	Electrolyte	
8:50 AM	3.00	10.8km	Electrolyte /Carbo Shot	Neurofen
9:20 AM	3.50	12.5km	Electrolyte	
9:50 AM	4.00	14.2km	Electrolyte /Carbo Shot	Maybe a choccy
10:20 AM	4.50	15.8km	Electrolyte	
10:50 AM	5.00	17.3km	Electrolyte /Carbo Shot	Mother
11:20 AM	5.50	18.7km	Electrolyte	
11:50 AM	6.00	Finish		Beers

## Rottnest Swim – Feed Plan

Time	Distance	Drink	Food	Other
0:30		N/A		
1:00	~3.8km	Gatorade Mix		
1:30	~5.7km	Gatorade Mix		
2:00	~7.6km	Gatorade Mix	Date Slice	
2:30	~9.5km	Gatorade Mix		
3:00	~11.3km	Gatorade Mix	Date Slice	Nurofen x 2
3:30	~13.1km	Gatorade Mix		
4:00	~14.8km	Coke		
4:30	~16.4km	Gatorade Mix	Date Slice	
5:00	~17.0km	Red Bull (Wings)		
5:30	~18.6km	Gatorade Mix		
6:00		Coke (if necessary)		
6:30		Gatorade Mix		

\*Note: Coke drink to be at approximately 15km (or closest stop to it). Red Bull to be one hour after with Date Slice in between.





# Don't Get Weather Anxiety

2003 – Don't Worry this won't happen again





# You Can't Do Anything About It



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# The Big Day



# The calm before the storm



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# Don't Mess up the Meet



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# Fly a Flag

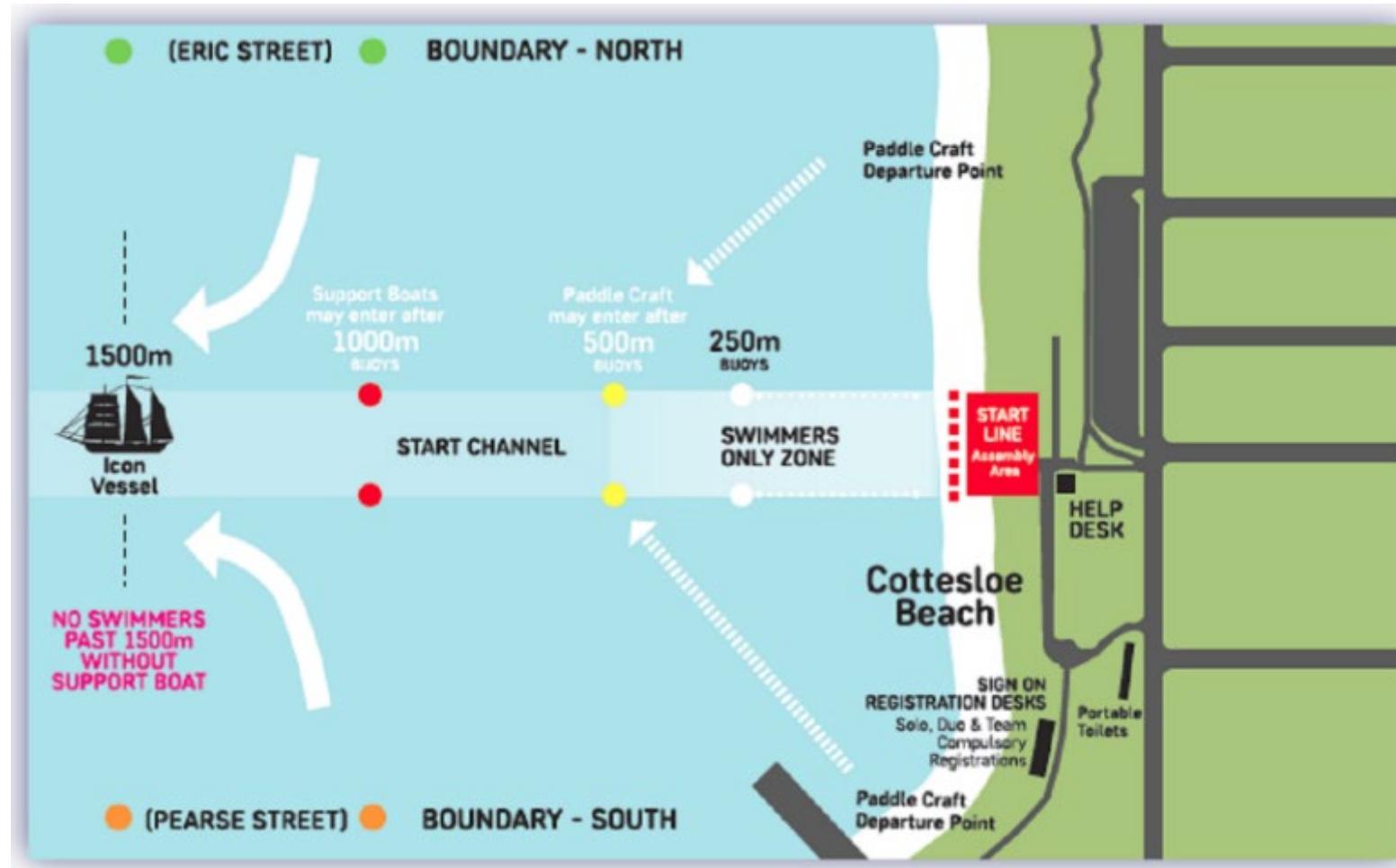


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# Avoid Boat/ Paddle Meet Stress





# Rash and Sun Protection





# Rash and Rub Prevention





# Swim Nutrition

## Pre Swim

- Taper and Carbo load in last few days – its as good as life gets!
- Big meal in morning – but try before
- Protect against sunburn, chafing and seasickness

## During Swim

- Set a feeding schedule (maximum 30 minutes)
- Consider Medication – seasickness, stingers and soreness
- Make sure crew only tells you precisely where you are
- Get times for each kilometre swum





# Swim Nutrition - Nice and Simple



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# Sickness Prevention



Anti-Histamine for Stingers

Kwells for Seasickness

Zofran for last resort

Anti Inflammatories for soreness



# Regrets and Lessons Learnt

Not enough fuel, too much electrolyte, not enough oomph

Mental preparation/complacency

Missed meet up

Stingers

Sunburn





# Why Bother?



# Oh what a Feeling



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# The Future



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# The World is Your Oyster



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# Questions?