



## Tri Swim Coach Newsletter

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### Argentina Triathlon Training Vacation

Dear Kevin,

Normally, in November and December I only put out one issue of the newsletter but I'm too excited about this time and I had to tell you about this vacation I just heard about!



The Argentina Triathlon Training Vacation on February 25-March 6 will be guided by staff from Mike Fraysse Sports, LLC., William "Mac" Martin, Eddie B. Cycling, G&J Curuchet, Joe Saling, and Matt and Kelly Reed.

In addition to training, athletes will have the option to compete in an international distance triathlon. There will also be vehicle-supported road cycling training sessions, running workouts and indoor pool workouts and open water swims.

They will have access to the following:

1. 25 Meter training pool
2. 2.5 Kilo autodrome for training and competition
3. 250 Meter Velodrome
4. 50 Meter Olympic Pool
5. Cross country running course

This will be held at the beautiful Mar Del Plata on the Argentina coast.

And, I will be part of the coaching staff as long as 10 people sign up through Tri Swim Coach!

To find out more and to sign up, click on the link below. Make sure you put my name or "Tri Swim Coach" as the person who referred you on the application, and let me know if you will be attending!

Don't forget our Winter is Argentina's Summer- late February is the perfect time to visit.

I hope to see you down there!

Kevin

[Send me to Argentina!](#)

## Workout of the Month

### Technique Focus

Here's one that will help to lengthen out your stroke. Not a lot of yards but definitely a quality workout!



WARMUP: 6x100's

Odd 100's: Freestyle Even 100's: Count strokes and descend stroke count within each 100.

MAIN: TWICE THROUGH: 3 sets of 4x50's followed by 4x100's Rest= 10-15 seconds after each swim

First Round- Set #1 of 50's: 7/8ths Catchup (Almost touch your hands out in front with each stroke, but not quite)

Set #2 of 50's: 3/4's Catchup (Slice your hand into the water a little sooner, 3/4's of the way to touching your hands)

Set #3 of 50's: Freestyle, concentrate on long strokes

4x100's: Count Strokes per length and minimize stroke count on each 100

Second Round- Set #1: 6 Kicks per Stroke

Set #2: 4 Kicks per Stroke

Set #3: 3 Kicks per Stroke

4x100's: Count Strokes per length and minimize stroke count on each 100

WARMDOWN: 200 Distance Per Stroke

[Click here for workout plans!](#)

## More Tri Swimming News in December!