



Tri Swim Coach Newsletter

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Happy New Year!

Dear Confirmed,



I hope your 2006 is off to a great start. So far in Southern California this year we have had gorgeous weather which has motivated me to swim and not fall out of shape! I just have to keep remembering to bring sunscreen to the pool. :)

If anyone has taken some time off and is trying to get back into shape right now, read the article below- it's a repeat from a previous issue of Tri Swim Coach, but it includes some useful tips on getting back into swimming as quickly as possible, so it's good timing for right after the holidays.

I also have included a new workout and make sure to read on about my interview with Endurance Radio!

Enjoy,
Kevin
[Tri Swim Coach](#)

Check out Endurance Radio- New Interview with Tri Swim Coach!

If you haven't heard about it yet, Endurance Radio, the home for runners, cyclists, triathletes, and adventure racers, is a great way to listen to online radio programs and interviews with endurance athletes and coaches. These can be listened to online or downloaded to your iPod.



Recently, I was interviewed on the show. To listen to my interview and gain more swimming knowledge, go to www.enduranceradio.com and sign up for their weekly newsletter in the upper left of the page. They are currently giving away my interview with a newsletter signup.

[Click here to go to Endurance Radio and get the Tri Swim Coach Interview!](#)

Are You Out of Shape for Swimming?

By Kevin Koskella
www.triswimcoach.com

Have you taken a break from swimming?
Do you feel out of shape and feel the need to get back in shape quickly?



Here are some tips to help you get back to feeling the best you can in the water:

1. Don't try to do too much too soon. Start out with long, slow swims. If you can't do long swims, start with short, slow swims and little by little build up your endurance.
2. Don't jump in the "fast lane". If you are doing masters, don't be tempted to "pick up where you left off." Swallow your pride and start out a lane or two slower than when you last worked out.
3. Don't use fins for speed. Fins are great for technique work and drills, but the worst thing you can do is to throw on a pair of fins to "keep up."
4. Swim often. Even if you only have 20-30 minutes a day, get in the water as much as possible rather than doing fewer workouts and staying in longer. In other words, it would be better to swim 4 days a week, 30 minutes each time than to swim 2 days at 1 hour per session.
5. Count strokes. This will keep you focused on extension and ultimately technique. See if you can lower your average stroke count.
6. Set goals. If you are only capable of finishing 200 meters without stopping, don't try to jump to 1000 meters. Try a new, smaller goal each week. 300 meters would be reasonable, then 400, then 600, etc.

Keep these tips in mind and never forget that in swimming, patience + practice = performing at your best!

[Order The Complete Guide to Triathlon Swimming here!](#)

Argentina Trip

Sunny and Warm Mar Del Plata, Argentina awaits...Triathlon Training Trip
February 25- March 6th!

[Click Here for Details and a Discount!](#)



TSC Workout of the Month

A good early season workout or just when you're ready for a long swim.

Descend= get faster throughout or lower your stroke count.

WARM UP: 300 Choice

DRILL: 6x50's Odds: Free Stroke Drill (your choice) Evens: Free Kick

6x25's: Descend Stroke Count -1 per 25 @ Rest=:10

6x50's: Descend Time 1-3, 4-6 Rest=:10

MAIN: 4x100 Moderate Free @ Cruise +:05 or Rest=:10

-Extra :30-:45 rest after 4th 100

1 x 10 minute swim

-Count your lengths

Rest= 1:30

1 x (the distance you swam in the 10 minute swim + 25 yards)

-Try to meet or beat 10:00

-Focus on technique

WARM DOWN: 8x25's

Odds: Fingertip Drag Drill

Evens: Free or Back easy

[For more workouts and a training plan click here!](#)