



Tri Swim Coach Newsletter

In This Issue:

Issue #56- January 26, 2006

- [Update](#)
- [Check out Endurance Radio- New Interview with Tri Swim Coach!](#)
- [Will Having a "Long Stroke" Help in Triathlon Swimming?](#)
- [Argentina Trip](#)
- [TSC Tip of the Month](#)
- [Next Month: New Stroke-Fixing Equipment!](#)

Update

Dear Confirmed,



If you still didn't get the last issue of Tri Swim Coach, I apologize for the mix-up. However, I have updated the website and you can view the January 11th edition with all of its can't-miss tips by clicking on the link below.

Today's issue will further explore lengthening the stroke, what it means, and how best to do it, along with another fun & productive stroke tip!

Enjoy,
Kevin

[Tri Swim Coach Issue #55 January 11th, 2006](#)

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!](#)

Will Having a "Long Stroke" Help in Triathlon Swimming?

By Kevin Koskella
www.triswimcoach.com



There is some debate going on in the triathlon world about whether it is important to have a long stroke in freestyle, and if so, how can this be developed?

Being long means extending your arm and gliding with each arm stroke. It also means getting more out of your stroke while saving energy (ideal for triathletes).

Don't get me wrong, you can achieve a lot with a shorter stroke- in fact you could go very fast this way. However, for most people, especially the beginner crowd, this stroke is just

not efficient enough to allow them to swim 1/2-1 mile, and still have a good amount of energy to tackle 20-40 miles on the bike, and an additional 5-10 mile run.

The mistake people make is comparing competitive pool swimmers who swim 50, 100, 200, or 400 meters as either an all out sprint or a controlled sprint, to triathletes who swim much further and have to complete a race lasting anywhere from 30 minutes to 10 hours!

Here are some ways to achieve a longer, more fluid, more efficient freestyle:

1. Practice Kicking on Your Side. This will improve your balance in the water and aid in your ability to extend and glide. By all means use fins! I recommend getting a pair of Zoomers from Finis, which will help your swim in so many ways.
2. Count Your Strokes. Start by just keeping track of how many strokes you take per length when you swim. Then, begin to work on ways to lower this stroke count. Hint: Do not just kick harder to achieve a lower count! This defeats the purpose of the drill.
3. Play Golf. Well not really golf like the game the Scottish invented. Free golf! Do a set of 6x50's. Count your strokes, and for each 50, lower your stroke count. Also, keep track of your time on these. Maintain your pace as you drop the number of strokes you are taking for each 50.
4. Swim With Your Fists. Alternate a few lengths of swimming with your hands clenched in fists, with 1 or 2 lengths of open-handed swimming. This will force you to use your hips more as you swim, and you will not be able to "muscle" through the water.
5. Use This Paddle. Ok, I know I've been hard on paddles in the past. But the Freestyler (also by Finis) is different- it actually forces you to do proper hand entry, glide, and pull. Also, they do not cause shoulder problems. Use these for a long swim and then take them off for a few lengths. You will be amazed at how fluid you will feel! More details to come in the next issue on how you can get a discount on a pair of these stroke-improving paddles.

While you may not ever become a top-notch freestyle sprinter, learning how to lengthen your freestyle will pay off as a faster, more fun overall triathlon.

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

Argentina Trip

Sunny and Warm Mar Del Plata, Argentina awaits....Triathlon Training Trip
February 26- March 6th.

Only 1 month to go- reserve your spot now!

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



TSC Tip of the Month

Slice-Extend-Rotate

On arm recovery, when you enter your hand back into the water, shoot for a slicing motion. As soon as your hand begins to slice into the water, this is your cue to begin your hip rotation. The slicing hand then goes forward, not down, to full extension before beginning the pull.

If you haven't ordered the Complete Guide and downloaded the videos, you can get a clear view of how this should look by watching the videos that are included.

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



Next Month: New Stroke-Fixing Equipment!