



Tri Swim Coach Newsletter

In This Issue:

Issue #58- February 28, 2006

- Chlorine
- The Complete Guide to Triathlon Swimming
- TSC Tip of the Month
- Coming Soon: New Stroke-Fixing Equipment! (in the works)

Chlorine

Dear Confirmed,

TriSwimCoach

The triathlon training season is fully upon us!
Hopefully your year has started off in a positive way.

Check out this month's tip and don't leave home for the pool without the Complete Guide to Triathlon swimming-- now you can take some workouts with you!

And, thanks to all the suggestions I received about anti-chlorine products- I am still trying a few out and will let you know soon on what is working best!

Enjoy,
Kevin
[Tri Swim Coach](#)

The Complete Guide to Triathlon Swimming

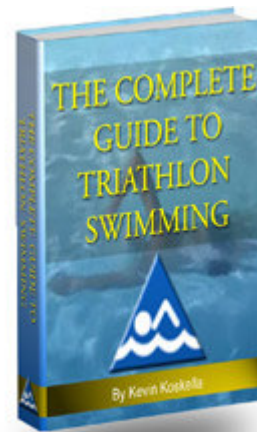
If you have not ordered yet, here's what you are missing out on:

The Complete Guide will help you to:

- * Swim freestyle better and easier than you ever imagined, with much more confidence, almost instantly
- * Conserve energy while swimming just as fast or faster than before
- * Prepare for your first race or help improve your stroke and workout routines to get the most from your swim
- * Make swimming the best part of your race
- * Overcome unnecessary pre-race anxiety
- * Have more confidence swimming in the open water with no surprises or unnecessary problems
- * Prepare for an Olympic, Sprint, Half-Ironman, or Ironman distance triathlon
- * Have more fun while competing
- * Compete in more triathlons

In addition, as I mentioned above, you can now get 50 additional workouts in Waterproof format, by ordering the hardcopy version of The Complete Guide!

Check it out today and get started on feeling great in the water!
[Click here to check out The Complete Guide to Triathlon Swimming!](#)



TSC Tip of the Month

Burn More Fat

Eat often! Snacking is a good way to keep body fat to a minimum. The key is healthy, balanced snacks- always make sure you have a good balance of protein-carbs-fat whenever you eat. Skipping meals is a bad idea, especially when combined with training. Eating 1 hour before your workout and soon afterwards will help you to continue burning fat even when you're not working out. Stick with easy to eat foods like: plain yogurt with some almonds, apple with almond butter, lowfat cottage cheese with banana cut up, or an energy bar with natural ingredients (I like the Organic Food bars they sell at health food stores but they're a little pricey at \$2/each).

In summary, eat often, eat healthy, never go hungry, have a great workout, and burn lots of fat!

[Check out The Complete Guide with Bonus book, "Burn More Fat"!](#)

