



Tri Swim Coach Newsletter

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Issue #60- March 30, 2006

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Update

Dear Confirmed,

TriSwimCoach

It's spring in southern California but you wouldn't know it by the weather! For an area used to nearly constant sunshine, we've had a rough last couple of months with rain, wind, hail, and overcast skies much of the time. But, the sun is out today, and I got a little tan on my noon swim for a change!

I'm excited to be done with my new product, Insider Secrets For Beginner Triathletes! You can read more below. Like I was saying, I still have two more great new items to introduce over the next month, so stay in touch!

In the meantime, today I've got a few things to say to all the "sinkers" that have been emailing me and posting on the discussion forum.

Enjoy,
Kevin

"Great things are not done by impulse, but by a series of small things brought together."

-Unknown Author

[Tri Swim Coach](#)

Insider Secrets for Beginner Triathletes

It's finally here!

For beginners, this 6-CD package is full of great information and key advice to help you progress to the next level- achieve more and have more FUN in triathlon!



5 of the audio CD's in the package are interviews with pro's like Matty "Boom Boom" Reed- ranked 7th in the world, and Rachel Sears- who like many amateurs, did not come from a swimming background (yet she has achieved professional status!)

Be one of the first to get this edge by clicking below!

[Click Here to Get the Insider Secrets!](#)

"Sinkers"

I have had several questions lately about what to do about sinking in the water when trying to swim or do drills.

First of all, sinking is normal! Most of us sink and especially triathletes who often have low body fat, or just have not been in the water much in their lives. Here's a quick overview of what to do and what not to do if you are a sinker:



1. Do not reach for "floatation devices" like kick boards and pull buoys. These will only give you a crutch and make it harder to stay at the surface in the long run.
2. Practice drills! Specifically, work on the drills in the free "online clinic" you get by signing up for this newsletter (side kicking and shark fin drill).
3. Use fins while drilling! Zoomers are great and don't worry about becoming addicted to them- you will improve your kick using Zoomers and they will allow you to do proper drills.
4. Do not kick harder to avoid sinking. This will only tire you out. Keep your kick light and rhythmic. Again, use fins if this is a problem for you.
5. Get plenty of air. While doing drills, the point is not to get out of breath. Get all the air you need here. For swimming, ideally you will breathe every 3 strokes. However, do not think that this is some kind of rule that you can never break! Especially for the beginners, it is okay to breathe every 2 strokes or whatever is most comfortable at first while you get used to swimming, and while your endurance improves.

[Check out The Complete Guide to Triathlon Swimming](#)

Stay tuned for new products and exciting changes soon!