



Tri Swim Coach Newsletter

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Update

Dear Tri Swim Coach Subscriber,



Happy New Year!

Many of you are probably just starting to get back in the water after a little layoff. The best plan of action is to start small and start with drills! I have 3 drills today that can help kick off your training season right.

If you haven't jumped back in the water yet since last year, get in there! It's never too early in the year to work on technique and speed for swimming. Oh, and keep reading this newsletter to get the latest and best in tri swimming help!

Kevin

p.s. one of my email links is broken on the website. I'm working on fixing it. If you have any questions for me send them to kevin@triswimcoach.com

www.TriSwimCoach.com

3 Drills for the New Year

1. Swim with your fists.

Closing your fists and swimming freestyle can really improve your stroke technique. At first it will feel clumsy and awkward, but it actually forces you to rotate your hips and move through the water the way you are supposed to. Try alternating 2 laps with fists, and 2 laps straight freestyle.

2. 6 Kicks Per Stroke

Take one stroke, extend your arm, and kick six times on your side. Then stroke and extend your other arm, kicking six times on your other side. This drill forces you to stay on your side a bit longer, and gets you used to the swimming on your sides.

3. 3/4 Catchup (pronounced three quarters catchup)



Many of you have practiced the catchup drill where you touch your hands in front of you with each stroke. This one is similar, but better. Instead of actually reaching out and touching your hand, start your hip rotation as your hand slices into the water. You can even touch your ear with your thumb as your hand goes by on recovery, if that helps signal your switch from one side to the other.

Get your copy of The Complete Guide to Triathlon Swimming

Finally, there is a simplified guide to swim training for a triathlon that comes with a 12 week training plan!
Get started on your swim training plan and start improving immediately!



The Guide includes:

- An introduction to triathlon swimming and preparation for your first triathlon OR changing your stroke and workout routines to get the most from your swim
- A training plan designed for a 25-yard or 25-meter pool to prepare you for an Olympic Distance race
- Common swimming myths dispelled
- Drills in the pool and exercises on land to make you a better swimmer
- Tips on how to get the most out of your own training plan or master's program

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