



## Tri Swim Coach Newsletter

### In This Issue:

Issue #14- February 25, 2004

- [Workout Of The Month- FEBRUARY](#)
- [TSC February Tip](#)
- [The Complete Guide to Triathlon Swimming](#)
- Stay tuned for more swim training articles and tips in 2 more weeks!

### Workout Of The Month- FEBRUARY



WARMUP  
500

Every 4th lap backstroke  
Breathe every 3 strokes on freestyle

DRILL

4x200's free

Build each 200 (start slow and get faster throughout swim)  
Count strokes and descend stroke count by 50 within each

200

Rest= :30 between 200

MAIN

5x500's

#1 Broken by 50 @ cruise interval

#2 Broken by 100 @ cruise interval

#3 Straight 500- maintain lowest stroke count per 50 while  
maintainig cruise pace

#4 Broken by 100 w/Fists only @ cruise +:15

#5 Broken by 50. Kick on your side with HydroFinz or

Zoomers. Decend 1-5, 6-10, 11-15, 16-20

Rest = :10 or cruise +:25

WARMDOWN

6x50's Easy

Rest= :20

Breathe every 3 strokes on odd 50's

Total Yards/Meters: 4100

Cruise = an interval you can comfortably make with 10-15  
seconds rest

Descend = Start out easy and get faster throughout the set

For workouts like these and a 12-week training plan, click  
on:

[www.TriSwimCoach.com](http://www.TriSwimCoach.com)

### TSC February Tip

When training for an open water swim, part of your training should be in an environment similar to the one you will be racing in. If you are doing an ocean swim, don't let the race be the first time you set foot in the ocean! It's important to get your body used to the water temperature so it is not as much of a shock on race day. Also, specifically with ocean swimming, getting used to waves, tides, salt water, and not being able to see to the bottom the whole time will pay off on race day!



[Get a Plan!](#)

## **The Complete Guide to Triathlon Swimming**

Make Swimming the Easiest Part of Your Triathlon!

The Complete Guide to Triathlon Swimming provides:

1. 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
2. A training plan designed for a 25-yard or 25-meter pool to prepare you for an Olympic Distance race
3. Common swimming myths dispelled
4. Drills in the pool and exercises on land to make you a better swimmer
5. Tips on how to get the most out of your own training plan or masters program



[For more on The Complete Guide, click here!](#)

**Stay tuned for more swim training articles and tips in 2 more weeks!**

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