

Message Preview



Tri Swim Coach Newsletter

In This Issue:

- Update
- Workout of the Month 3/25/04
- TSC Tip for March

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- [The Complete Guide to Triathlon Swimming](#)
- [Next Issue: Hydrofinz Product Review](#)

Update

Dear { \$token1 },



I hope your training is off to a great start. Today I have included a workout and a tip to keep you on track to improving your stroke. Don't lose site of your goal and stay patient while you learn new swimming skills. Don't forget swimming is entirely different from the other two triathlon sports and quality is much better than quantity.

Enjoy,
Kevin

www.TriSwimCoach.com

Workout of the Month 3/25/04

WARM UP: 2x(200 Free/100 Non-free)
DRILL: 10x50's Odds: 25 Fist/25 SC
Evens: Descend
Rest= :20
MAIN: 4x300's
#1) 6x50's@cruise +:05 #2) 3x100's @ cruise #3)
300 DPS Rest= :40 #4) 300 90% effort
6x50's Free Golf, Rest = :20
WARM DOWN: 200 DPS



TOTAL: 2800

Cruise= Interval you can comfortably make 100's on with 10-15 seconds rest

DPS= Distance Per Stroke- make your stroke long and exaggerate the glide

Fist= swimming freestyle with your hands in fists

SC= Count your Strokes

Free Golf= Count your strokes and check your time after each 50. Add these 2 numbers together to get your "score". Improve by lowering your score each 50.

[For the 12-Week Plan and Complete Guide, Click Here!](#)

TSC Tip for March

Minimize your use of equipment

Everybody loves the pull buoys, kick boards, big paddles and long fins. However, these items are not going to help you when training for a triathlon swim. Buouys and boards are floatation devices and give you a false sense of being on top of the water. Paddles can cause shoulder injuries. Long fins give you a false powerful kick (I do like the shorter fins for specific purposes- I'll get into that in the next issue).

So keep it simple no matter what all your friends are doing!



The Complete Guide to Triathlon Swimming

The Complete Guide to Triathlon Swimming provides:

- 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



[For more click here!](#)

Next Issue: Hydrofinz Product Review