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From: [Tri Swim Coach](#)

To: kevin@triswimcoach.com

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Subject: Tri Swim Coach Newsletter #16- April 12, 2004



Tri Swim Coach Newsletter

In This Issue:

- [Update](#)
- [Hydrofinz- Product Review](#)
- [Upcoming Clinics/Sessions in Southern California](#)

Issue #16- April 12, 2004

- [The Complete Guide to Triathlon Swimming](#)
- [Next Issue: Workout of the Month for April!](#)

Update

Dear {token1},

I often hear questions about using fins when training. And what kind of fins are the best? There is a myth out there that you shouldn't ever use fins in training since you can't use them in a race. Although there are definitely times fins should be avoided (when swimmers use fins as a crutch), I have found them to be a great teaching tool for learning drills as well as effective in building leg strength during kick sets.

Today I will review Hydrofinz and discuss their advantages to adding them to your current or future training plan.

Kevin

www.TriSwimCoach.com



Hydrofinz- Product Review

Being on a swim team of one form or another most of my life, swimming with fins usually meant towards the end of workout, we put on our fins for a kick/swim set and kick so hard that our quads burn. Early on, the fins that we were using were the long kind that made you feel like you were going 100 miles per hour in the water. Later, when I got to college, the fins were the shorter-style, called Zoomers.



Zoomers do provide more of a workout, help you perform drills many drills more efficiently, as well as help improve ankle flexibility. I have used these as a swimmer, and recommended them to many swimmers I have coached, and have seen some nice results.

Last year I was introduced to Hydrofinz. Hydro is the exclusive North American distributor for Hydrosportz, an Australian company founded by Don McCredie, a former Australian National Body Surfing Champion. Hydrosportz has a surf division with body boarding and body surfing products and a swim division with a full range of swim products. McCredie developed and patented the concept of the split rail for his body surfing/body boarding Tech Fin with the idea that it would provide a grip in the water and allow rapid acceleration – critical when you only have one or two strokes to catch a wave.

He transferred the split rail concept to Hydro Training Finz and discovered that besides providing rapid acceleration, it also helped maintain the shape of the blade and contributed to even thrust in both directions of the kick.

The first thing I noticed when trying them on is that they are soft and easy to put on. No more pinching the skin on my feet and pulling the hairs out! I also learned from Hydro that the concept of the short fin was conceived to bring the center of effort back to the foot, increase leg strength, and achieve the elevated race position, with a kicking motion specific to the flutter kick. I feel like they isolate the specific muscles I use in kicking and give me a better leg workout than Zoomers or other fins.

Hydro Training Finz have been around for a few years now. Some of the original teams that used them over 4 years ago are still reporting no problems as far as tearing or needing to replace them. The high quality material they are made out of apparently is withstanding the test of time!

Whether you are learning a new drill, correcting a problem with your stroke, or doing a kick set in your workout (no board of course!), you will be pleased with the results you can achieve with Hydrofinz. I highly recommend them!

Most stores I have seen charge around \$40-\$50 per pair. I found a site that has them for \$34.99 (plus shipping). Click on the link below to order yours.

www.swim2000.com

Upcoming Clinics/Sessions in Southern California

For those of you that live in or near the San Diego area, I have two clinics I'd like to announce:

April 27th- Underwater Video Clinic: See your stroke underwater and get feedback from a 5-10 minute analysis by Tri Swim Coach's Kevin Koskella! The video will be yours to keep. Underwater and above water will be filmed and analyzed.



May 4th, 11th and 18th- I will be holding a series swim clinic geared towards beginning through intermediate-level triathletes, those looking to transform their strokes, or improve their times. We will meet every Tuesday evening from 6-7:30 p.m. for 3 consecutive Tuesdays, and proceed through a series of technique sessions. We will go through a progression of drills, starting with the basics and progressing to full stroke freestyle. We will work on getting more out of your stroke while using less energy.

Send me an email at kevin@triswimcoach.com for more info!

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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



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Next Issue: Workout of the Month for April!

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