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From: [Tri Swim Coach](#)

To: kevin@triswimcoach.com

Sent: Saturday, April 24, 2004 6:00 PM

Subject: Tri Swim Coach Newsletter #17- April 24, 2004



Tri Swim Coach Newsletter

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HALF IRONMAN TRAINING PLAN NOW COMPLETE

Dear Tri Swim Coach Subscriber,



I have just completed the 12-Week Training Plan for a Half Ironman Swim (1.2 miles). If you have already ordered The Complete Guide to Triathlon Swimming and want the this plan, send me an email and let me know and I will email it to you for free! If you have not ordered the Guide yet, the new version will include the Half training plan. Just in time for summer!

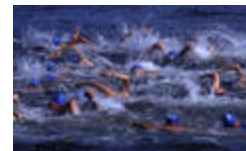
The Workout of the Month for April is from the Half Ironman plan. A little more distance this month.

Enjoy,
Kevin

www.TriSwimCoach.com

Workout of the Month: April

WARM UP: 500 Free every 4th lap SC
 DRILL: 8x100's Odds: Finger Tip Drag Drill/Free by 25's. Evens: Fist/Free by 25's
 Rest= :20
 MAIN: 3x(2x200 + 4x50) 200's: @cruise 50's: cruise + :05, descend Rest :30 btw sets
 STROKE COUNT: 8x50's Free Golf @ 1:00-1:15
 WARM DOWN: 300 Breathe every 3 or 5 ST
 TOTAL: 3900 Yards



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

SC= Count Strokes

Finger Tip Drag Drill= Drag you fingertips across the surface of

the water on arm recovery

ST= Strokes

Free Golf= Count strokes and get your time on each 50. Add these numbers together to get your "score". Try to lower that score for each 50.

[Get the full training plan here- Olympic Distance and Half Ironman!](#)

TSC April Swim Tip

Point your toes when you kick, and don't allow your knees to bend much. Most of your power should be coming from your upper quads and hips.

[For More, Click Here!](#)



Upcoming Tri Swim Coach Clinics

May 4th, 11th, and 18th: Freestyle Clinic 6-7:30 p.m. (Series of 3 sessions)
Email kevin@triswimcoach.com for more information or to sign up!

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