

----- Original Message -----

From: [Tri Swim Coach](#)

To: kevin@triswimcoach.com

Sent: Monday, May 17, 2004 3:30 PM

Subject: Tri Swim Coach Newsletter #18- May 17, 2004



Tri Swim Coach Newsletter

In This Issue:

Issue #18- May 17, 2004

- 4 Swim Practices
- Do you find your arm dropping in freestyle as you go to take a breath?
- Need Fins?
- Stay tuned for more Tri swimming info in 2 weeks!

4 Swim Practices

Dear Tri Swim Coach Subscriber,



A good way to get your swim training going in the right direction is to follow a plan with a clear direction and goal of preparing you for a triathlon swim. Some of you have signed up for the newsletter and already started receiving your 4 Tri Swim Coach Practices delivered over 10 days.

If you have not started getting the 4 practices, just send me an email to kevin@triswimcoach.com with the subject "4 Swim Practices" no later than Wednesday, May 19 at 11:59 p.m., and you will begin to get your swimming on track immediately!

www.TriSwimCoach.com

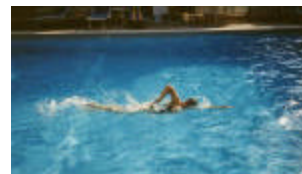
Do you find your arm dropping in freestyle as you go to take a breath?

You are not alone!

This is a very common problem among freestyle swimmers. Practice these drills to overcome this and improve your stroke:

1. Kick on your side with your arm extended. Belly button should be pointing directly at the wall, eyes at the bottom of the pool, hand extended. When you need air, roll onto your back and grab a few breaths before going back to head down.

2. Shark Fin Drill. Start as in #1. Lift your trailing elbow up, and drag



your hand through the water until it gets close to your ear or goggle line (forming a "shark fin"). Slide the hand back along your side, roll up to get air and repeat.

3. 6 Kicks Per Stroke Freestyle. Swim freestyle but for each arm stroke, count 6 kicks. This keeps you on your side longer than usual. Make sure to keep your arm out in front as you do the 6 kicks.

These drills will help develop your ability to be balanced on your side and ultimately improve and correct your arm dropping as you take a stroke or take a breath!

[For more drills and the Complete Guide, click here!](#)

Need Fins?

A great way to learn new drills, or improve leg strength and speed in the water, Hydrofinz are becoming the choice of swimmers and triathletes worldwide!

[Check them out here!](#)



Stay tuned for more Tri swimming info in 2 weeks!

[Update Profile](#) | [Unsubscribe](#) | [Confirm](#) | [Forward](#)

Delivered by **TOPICA**