



Message Preview



## Tri Swim Coach Newsletter

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### Hello June

Dear \${token1},



For those of us in the northern hemisphere, it's just about summer time! Lots of activities, vacations, and races coming up. It's especially important during these times to keep hydrated, and keep stress levels under control. I have included a mid-season swim workout for you as well as some reasons to incorporate yoga into your routine, if you haven't already.

Also, if you haven't received the "4 Swim Practices" yet, email me by this Sunday evening and I will have them out to you next week.

Cheers,  
Kevin

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

### Workout of the Month- June

WARM UP: 6x100's #1,2) @Cruise +:20 #3,4) @Cruise + :15 #5,6) @Cruise +:10

DRILL: 8x75's Kick/Drill/Swim Drill=Free, concentrate on high elbows Rest=:15

MAIN: 1x50 @ 1:00 + 1x50 @ Cruise  
1x50 @ 1:00 + 2x50's @ Cruise  
1x50 @ 1:00 + 3x50's @ Cruise  
1x50 @ 1:00 + 4x50's @ Cruise  
1x50 @ 1:00 + 4x50's @ Cruise +:05  
1x50 @ 1:00 + 3x50's @ Cruise +:05  
1x50 @ 1:00 + 2x50's @ Cruise +:05



1x50 @ 1:00 + 1x50 @ Cruise +:05  
50's on 1:00: SC, DPS  
50's on cruise: Hard, Free on the way up, ST on the way down  
400 Free Breathe every 3-5-7-3 by 100  
WARMDOWN: 200 Back/Free  
TOTAL: 3250 Yards

**Definitions:**

Cruise: An interval you can make 100's on comfortably with about 10 seconds rest. For 50's just cut that interval in half.

Example: 6x100's @ cruise + :20

If your cruise interval is typically 2 minutes (cruise is always freestyle), you would do each of these 100's on 2 minutes, 20 seconds (2:20)

ST: Any stroke but Freestyle (triathletes need a little cross-training occasionally!)

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

## Yoga and Swimming

A really important part of triathlon and swim training is yoga. I spend a chapter in my book, *The Complete Guide to Triathlon Swimming* on it. Here are some of the benefits I have listed:



**Flexibility:** Yoga does involve stretching the muscles. But there is more to it than that. People often ask me, "Is stretching good"? Usually, the answer is that just stretching itself may not be good for you, as stretching too much or stretching cold muscles may actually cause injuries. Yoga incorporates breathing into stretches, and working with the whole body, not just specific muscles. This is a much healthier approach when it comes to improving flexibility. And the more flexible your hips, legs, ankles, arms and shoulders are, the easier it will be to kick, recover the arms, rotate the hips, and properly slice the hands into the water with full extension.

**Concentration:** This is another great benefit to an athlete undertaking the 3-sport challenge. Improved concentration levels allow you to focus, and we all know how focused you must be just to complete the swim! Blocking out distractions is something you need to be able to do- whether it's concentrating on a technique or drill during practice, or dealing with the frenzied start of a race. And the improved ability to stay relaxed, calm and centered will definitely work to your advantage during a triathlon, where many unpredictable situations may arise.

**Balance:** Practicing yoga will improve your balance, both on land and in the water. In my swim clinics, we work on "balancing on your back" and "balancing on your side" in the water. Yoga not only helps with these drills, but allows you to streamline easier, and get more out of each stroke. This of course means saving even more energy for the rest of your race.

Finally, yoga works the core muscles, which I talked about in the last chapter. Most of the yoga poses you will find will enhance your core conditioning.

Get in your local gym or yoga center and check out a class!

[Want to do yoga at home? Check out these videos.](#)

**Stay tuned for more Tri swimming info in 2 weeks!**