



Tri Swim Coach Newsletter

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Dear Friend,

TriSwimCoach

I just returned from Denver, CO from doing a one-day Tri Swim Bootcamp. What I have found in the triathlon world is that there are not only very few coaches who work with triathletes specifically in swimming, but there are lots of outdated techniques and training strategies that are still being taught around the U.S. and around the world. Let's look at a few of those.

Myth #1: Look straight ahead in freestyle.

I learned this growing up, but it has since been proven that looking down at the bottom of the pool is more efficient and will help beginners tremendously.

Myth #2: You need a strong kick to swim freestyle.

This may apply to sprinters, but even a sprint triathlon is not a sprint when you look at the overall distance. Your kick is mainly there to help you rotate through the water and keep you on top of the water. A light kick is ideal is you will not be using all your energy on the swim!

Myth #3: Drills are unnecessary, just swim more.

I would say the majority of Masters swim programs don't do enough drills. This may be great for the 15-20% of Masters that compete in swim events, but many are like you: Triathletes that need technique work. In this case, especially as a beginner, drills are your foundation and you should never stop doing them completely.

[For more myths and the 12-week training plan, check out The Complete Guide to Triathlon Swimming](#)

Last Chance: The Healthy Burn Introductory Offer

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I have recently finished my latest e-book titled "The Healthy Burn". Whether you are active or a couch potato, the book is designed to help you lose weight, look younger, and burn fat all day long, even when you're not training. Based on everything I have learned as a personal trainer and now health educator, this has all the latest information including:

- Why diets don't work and how you can avoid this pitfall
 - What Low Carb, Low Fat, and calorie-restricting diets don't tell you that will make a huge difference in burning fat all day long!
 - Find out how to easily lose your addictions to foods that make you fat
 - The best foods and the worst foods for your health
 - The secrets to preventing wrinkles and looking younger
 - 7 items to look for in a grocery store that can do wonders for your health
 - The lies that are told about exercising hard to burn calories and why this is an inefficient way to lose weight
 - 9 exercises you can do right in your own home in minutes
 - Fat-reducing workout routines that will leave you feeling energized instead of beat up
 - What women should know when it comes to weight lifting and reducing fat in problem areas
 - How to slow down the mind and speed up your metabolism
 - The only 2 supplements you need to take to slow the aging process
- and more!

This e-book will be sold for \$27.95 at www.thehealthyburn.com
If you have not downloaded your copy, you can still get The Healthy Burn for \$19.99 until

Thursday, September 16th at 12 Noon PST

[Click Here To Find Out More!](#)



More from Tri Swim Coach in 2 Weeks!

