



Tri Swim Coach Newsletter

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Best

Dear Friend,



I am including a new story in the newsletter on a monthly basis- I am going to feature triathletes affiliated with Tri Swim Coach that have had success in swimming, or just in a triathlon in general.

Please send me your best "little" (or big!) success in swimming the open water, or a race where you completed your goals. I may include YOUR story in an upcoming newsletter, going out to 1000+ subscribers!

Just reply to this email with your story and I will let you know when you will get published.

Enjoy the Workout of the Month!

Kevin

www.TriSwimCoach.com

Start Improving Today

Get your swim training on the right track, whether you are gearing up for a race or gearing down for the off season.

The Complete Guide to Triathlon Swimming includes 2 12-week workout plans (Olympic and Half Ironman), all you need to know about swim training for triathlons, and a dryland (weight training) plan to work the right areas to help with swimming.

[Get your copy today!](#)



Workout of the Month

.....

Great taper workout for the week before a race- or use it to start getting back in shape after a layoff.

Choice= any stroke
DPS= Distance Per Stroke (long strokes)
Fist= Swim freestyle with fist instead of open hands
ST= Stroke

Main set- swim 4 50's + 1 200. Do that 4 times through.

WARM UP: 400 Choice
DRILL: 4x100's. #1) Kick #2) Fist #3) DPS #4) Build
MAIN: 4x(4x50's + 200)
4x50's: Hard @ Cruise + :30
200's: Easy Rest= :30
WARM DOWN: 300, breathe every 3 ST on odd lengths
TOTAL: 2700 Yards

If you like what you are getting with this newsletter, click "Forward" at the bottom of this page and forward it to a friend or two!

Stay tuned for another EXCITING tri swim report in 2 weeks!

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