



Tri Swim Coach Newsletter

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Update

Dear Friend,



I hope your swim training is continuing to go very well!

In the efforts to keep up your interest in swimming, and perhaps realize you are not alone in working through all the challenges that go along with this sport, today I am including a success story from one of my swim lesson pupils and long-time Tri Swim Coach subscriber, Kimmie Blake.

Also, read on to find out about my special offer for October!

Swim on,

Kevin

www.TriSwimCoach.com

Real Life Subscriber Story

Kimmie Blake, Houston, TX

I can't remember if I told you about the Cinco Ranch Triathlon. See photo attached. (my friend John is #638, I'm #639 :-), my boyfriend Walter is #640 - it was his first triathlon) Well, the three of us drove to Wichita Falls, Texas on Friday to ride in the Hotter 'N Hell Hundred on Saturday morning. John and I did the 100 mile ride while Walter competed in the race. We drove back to Houston Saturday evening, cleaned our bikes (tons of mud from HHH) and ate salmon, more carbs and hydrated. Met up Sunday morning for the Cinco Ranch tri! We all finished it, met up with friends afterward and couldn't wait for Monday to come for a little sleep. It was a heck of a weekend. My swim time was not all that great (18:40 850 meters) but I was pleased to get out of the water after the century ride the day before. (my first century BTW)



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My NYC Triathlon time was more on par for what I'm aiming to improve on for the next season. (1500 meters 24:29)

Anyway, I get a good laugh out of even talking about swim times when in March 2004 all I thought I could do was just learn to swim, maybe. Then, Kevin waved his magic wand!! I still have much to work on, but you have given me the foundation for getting it right. I even *like* the craziness of the swim starts. I've found that I like the open water better than the pool.

Weird since I was such a chicken a few months ago.

Tip of the Month

Acclimate your body to cold water.

If you have a triathlon coming up and the water will be cold, your body will be in shock when you hit the water if all you've been doing is training in 80 degree pool water. Start doing some cold water swimming at least 6 weeks out from the race to prepare your body for what it will experience on race day.

You'll be glad you did!

[For more tips, articles, and swim plans, check out The Complete Guide to Triathlon Swimming](#)



Special Offer! Get Fit and Discover the Secrets of Triathlon Swimming!

For the rest of October, you can get The Healthy Burn, and The Complete Guide to Triathlon swimming BOTH for \$37.95 (A \$48 value)!

In The Healthy Burn, you get a complete fitness plan to burn fat, lose weight, avoid illness, and have more energy for your races, or your life! You also get:

- 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!
- What type of fats help you lose weight and boost your immune system, and which ones to avoid
- The lies that are told about exercising hard to burn calories and why this is an inefficient way to lose weight (as well as being inefficient in training for a triathlon!)
- and much more!

The Complete Guide to Triathlon Swimming provides:

- An introduction to triathlon swimming and preparation for your first triathlon OR changing your stroke and workout routines to get the most from your swim
- 2 training plans designed for a 25-yard or 25-meter pool to prepare you for an Olympic Distance race, and now a plan for a Half Ironman distance.
- What you need to know about Open Water Swimming
- Common swimming myths dispelled
- Drills in the pool and exercises on land to make you a better swimmer

Both of these books are available together for only \$37.95 through October 31st! (they'd be \$48 if purchased separately)

These books are e-Books, which means they are instantly downloadable in pdf format.

The link below is a special link that I'm only giving out to Tri Swim Coach subscribers, please do not share it with anyone else.

For more on The Healthy Burn, see www.thehealthyburn.com

For more on The Complete Guide to Triathlon Swimming, see www.triswimcoach.com

[Click Here to Order Now!](#)



See you again in a couple weeks!

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