



Tri Swim Coach Newsletter

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Update

Dear Friend,



For new subscribers, welcome to the Tri Swim Coach newsletter!
Don't forget, look at previous tri swimming information-packed issues by clicking on the link below.

If your season is over, this is the perfect time to work on swim drills, since you do not have to worry as much about keeping up your swim distance for races for a while. In this issue, I am giving you 3 important drills you can work on, as well as a fun and interesting workout!

Enjoy,
Kevin
[Previous Newsletters](#)

3 Drills For the Offseason (or Anytime!)

1. Kick WITHOUT a kickboard, On your side.
This improves balance in the water and with practice, will improve your kick. Also, stretch your ankles- ankle inflexibility is the #1 reason for a weak kick!
2. One-Armed Freestyle.
Freestyle only using one arm to stroke, while keeping the other arm at your side. Rotate your hips as if you were swimming full strokes. Breathe to the opposite side of your stroking arm.
WARNING: This is a more advanced drill and will take some practice to get it right!
3. 3/4 Catchup Drill.
Many coaches will have you doing Catchup Drill- touching your hands out in front in freestyle with each stroke. The problem with this is that it keeps you on your stomach too long, when you want to be rotating from one side to the other. 3/4 Catchup means as you slice one hand into the water, start your pull with the other hand. It's "almost" catchup. This helps with balance and rotation.



[Click Here For More Drills and The Complete Guide to Triathlon Swimming!](#)

Workout of The Month

A good workout touching on several important parts of open water swim training:

Warm Up: 300 Yards or Meters, every 4th length non-freestyle
Drills
6 x 150
ODDS: Free: 50 kick (on your side) / 25 swim / 50 drill / 25 swim
EVENS: Freestyle swim, build by 50
• Rest=:10 btw each 150
(600/900)

Main
9 x 200
• Freestyle swim:
#1: Sprint and Sight on odd 25's; on cruise - :10 or Rest=:05
#2: Steady effort on cruise + :10 or Rest=:20
#3: Steady effort on cruise + :05 or Rest=:15
#4: Steady effort on cruise or Rest=:10
#5: FAST, on cruise - :10 or Rest=:05
#6: Steady effort on cruise + :10 or Rest=:20
#7: Steady effort on cruise + :05 or Rest=:15
#8: Steady effort on cruise or Rest=:10
#9: FAST to the finish, on cruise - :10 or Rest=:05
(1800/2700)

Technique Focus
12 x 25
• Freestyle:
#1,2: Easy
#3,4: 4-kick drill (4 kicks for each stroke)
#5,6: 3/4 Catchup Drill (as described above)
#7,8: Swim, breath every 3rd stroke
#9,10: Swim, breath 2 to the R/2 to the L (2R2L)
#11,12: Swim, breath 3 to the R/3 to the L (3R3L)
• Pick your rest
(300/3000)

Warm-down
1 x 100 All easy swim or drill
(100/3100)

Cruise= interval you can make 100-yard or 100-meter swims on comfortably (:10-:15 after each swim)

[For your training plan and guide, click here.](#)



Attention: Marathon Runners (or wanna be's)

Do you run marathons?
Have you ever wanted to?

If so, I highly recommend checking out this e-book I came across recently. It's called *How to Run and Enjoy the Marathon*. It's a practical guide to what you will need to do to prepare for the race, proper shoes, proper etiquette, and many self-help tips to getting the most out of your race. Written by marathoner, ultra-marathoner and columnist James Raia.



A great deal at only \$7.95!
[Click Here to read more about Enjoy The Marathon](#)

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