



Tri Swim Coach Newsletter

In This Issue:

Issue #34- February 10, 2005

- [Extended Offer/Looking for Feedback](#)
- [Workout of the Month](#)
- [Masters Swimming vs. Swimming On Your Own](#)
- [Help a Tri-Friend out who needs it by forwarding them this newsletter by clicking on the Forward link below!](#)

Extended Offer/Looking for Feedback

Dear Friend,



Happy February!

Due to a glitch in Google.com where until recently they still were showing old pages on my website, many who have ordered The Complete Guide were not given the opportunity to purchase it with the short video clips that show the drills.

Through 2/28/05 I am going to leave the option open to order just the online video clips for \$9.95, if anyone is interested.

Click on the link below to find out more!

Today I have a sample early season workout for you and a tip on masters swimming vs. swimming on your own.

Also: Thanks to those of you who have given your feedback on the videos. I still need more! I plan on adding to them (at no extra cost) and I need to find out what will be most helpful to view for you. So take a minute and send me some ideas!

Enjoy,
Kevin

[For more on ordering the short video clips, click here!](#)

Workout of the Month

Fist Drill= Swim With Your Fists



Fist Drill= Swim With Your Fists
Descend= Get faster on each swim
Cruise= A comfortable interval you can make 6x100's on with about :10 rest between each 100. For 50's, divide your interval by 2, for 200's, multiply by 2, etc.



WARM UP: 300 Free, Easy
DRILL: 12x50's
#1-4) Kick on side
#5-8) Fist Drill
#9-12) Descend
Rest=:15
MAIN: 300 Choice, Moderate, Rest= 1:00
12x25's @ Cruise- :05, Cruise, Cruise+ :05
200 Choice Moderate Rest= :45
8x25's Easy/Fast/Easy/No Breath (or 1 breath), Repeat. Rest= :10
100 Choice Moderate, Rest= :30
4x25's Easy/Underwater/Easy/Underwater
WARM DOWN: 200 Easy Free
TOTAL: 2300

[Click Here For Over 120 Workouts and The Full Package!](#)

Masters Swimming vs. Swimming On Your Own

Masters swimming offers some wonderful benefits such as the social and motivational aspects of a group, and a coach to give you structured workouts and occasional feedback. However, masters workouts have their downside for many swimmers!

If you do belong to a masters group, make sure you are not overdoing it. If your stroke technique is slipping because you are trying to "keep up," if you are getting sick more often, feel too tired all the time, or facing burnout in the water, think about replacing at least some of your group workout days with technique-focused solo workouts, including lots of drills to keep your stroke on track.

There are many of this type of workout in *The Complete Guide to Triathlon Swimming!*

[For workouts and the full training plan, click here!](#)



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