



Tri Swim Coach Newsletter

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Update

Dear Friend,



Now that the order process for the ebook package is in 100% working order, I would like to offer the chance to order just the video clips one last time. If you have already ordered the ebook package but did not get the videos, you can still do so until Monday, March 14th. At this point I am not recommending anyone to buy the videos without the ebooks- they are meant to go together and you will get a lot more out of seeing the short videos if you have already reviewed the information in the materials including the workouts and drills.

If you have the full package with videos, I will be adding more clips in a couple of weeks. Sorry for the delay on this, but I promise it will happen soon! Also watch for more articles to be added to the video page that will give you all the information you can handle regarding tri swimming!

I have included a little longer workout today and a reminder on bending elbows.

Enjoy!
Kevin

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

Workout Of The Month

Cut down the distances as needed for your training!

Cruise= an interval you can make 100's on comfortably with :10-15 rest between each
DPS= maximum Distance Per Stroke

3/4 Catchup= freestyle, almost touch your hands in front on each stroke (come about 3/4 of the way to touching)

Descend= get faster throughout the set

WARM UP: 6x100's (25 Kick/50 Drill/25 DPS)

Drill= One-Armed Free or 3/4 Catchup. Rest= :15
8x50's



Drill= One-Armed Free or 3/4 Catchup. Rest= :15
8x50's
#1-4) Non-Free
#5-8) Free, Descend
MAIN: 3x300's Free @ Cruise interval
3x200's Non Free @ Cruise + :30
3x150's Free @ Cruise + :05 Descend 1-3
3x100's Non Free @ Cruise + :25
3x50's Free @ Cruise + :15 Descend 1-3
KICK: 8x50's on your side, descend 1-4, 5-8, fins ok
WARM DOWN: 300, Breathe every 3 strokes
TOTAL: 4100 Yards or Meters

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

Why bend your elbows in freestyle?

On the freestyle recovery, you often hear from coaches (like me) to bend your elbows on recovery. Swimmers may wonder why bending elbows is recommended so often. While there are swimmers, like legendary World Record holder Janet Evans, who have perfected the straight arm or "windmill" recovery, this is not a technique that works for many swimmers, especially in the longer, open water distances. There is of course no "one size fits all", as many swimmers will have different degrees of how high their elbows are on recovery. However, the high or bent elbow recovery will help most people get more out of their stroke in the long run.



Taken from the Zoomers.net website, "The very best arm stroke recovery is one which allows the hand to arrive in time to begin the next stroke but also allows the arm to slow almost to a complete stop just before the hand enters the water."

Bending the elbow allows you to do this. If the hand and arm come forward and slam into the water, you lose momentum in the form of drag, and your arm fails to move you forward.

To get used to the bent or high elbow recovery, practice the Finger Tip Drag drill. Swim freestyle but drag your fingertips across the top of the water on each arm recovery out of the water.

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

Find a Tri Swim Coach Near You!

If you live in the U.S., Canada, or Japan, there may be a coach in your area that can help accelerate your swimming improvement! Click on the link to see a list.
www.triswimcoach.com

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