



Tri Swim Coach Newsletter

In This Issue:

Issue #37- March 23, 2005

- [Swimming Equipment](#)
- [Find a Tri Swim Coach Near You!](#)
- [SwiMP3 Underwater Swimming MP3 Player](#)
- [More Swimming Tips in 2 Weeks!](#)
- [Are you out of shape?](#)

Swimming Equipment

Dear Friend,

TriSwimCoach

Do you use equipment when you swim?

I recommend the less equipment, the better.

Suit, goggles, and maybe a cap is all you need to make drastic improvements to your stroke!

Having said this, I just came across something that will not improve your stroke, but will definitely make it fun to swim laps and get through your swimming workouts.

Read on from our new SwiMP3 sponsor!

www.triswimguide.com

SwiMP3 Underwater Swimming MP3 Player

The NEW Finis SwiMP3 player gives you an incredible audio experience in the water.

Imagine listening to hours of your own music during your swim workout. The SwiMP3's innovative sound transfer technology offers exceptional underwater sound quality.

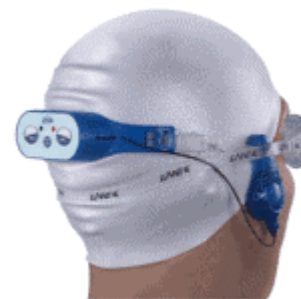
The SwiMP3 player (pronounced "Swim-P-3") allows athletes to hear the same high quality music while they're in the water that they're accustomed to hearing while running, biking or at the gym.

The Finis SwiMP3 is fully waterproof and can be used with all competitive swim strokes, water therapy or lap swimming. Its the perfect swimming mp3 player.

Need an MP3 Player that is great on land and in the water? Click below and check out the Oregon Scientific Players.

Tell Me More: Includes Goggles, but you can use your own; carrying case to keep your gear together; and the USB cable to download songs from your computer. And at 128 MB - you can swim up to four hours and have 30 songs for your listening pleasure. 90 Day Manufacturers Warranty.

" (Before Finis I was) still wishing that someone would invent a



"...(Before Finis, I was) still wishing that someone would invent a mechanism that would stir up the boredom of long swims...

The Finis MP3 player is wonderful! Not only can I hear my choice of music without having to change batteries every four hours, the sound comes through loud and clear! "

Never owned an MP3 player before? Don't worry, it's easy to use, when you plug the MP3 player into your computer, it sees it as a removable hard drive, and you can just move your MP3 files to the SwiMP3, just like you would any other drives on your computer.

I haven't used the SwiMP3 player yet, but I will be getting one soon and I will have a product review included in this newsletter.

[Click here for more info and to order today!](#)

Are you out of shape?

Have you taken a break from swimming?

Do you feel out of shape and feel the need to get back in shape quickly?

Here are some tips to help you get back to feeling the best you can in the water:



1. Don't try to do too much too soon. Start out with long, slow swims. If you can't do long swims, start with short, slow swims and little by little build up your endurance.
2. Don't jump in the "fast lane". If you are doing masters, don't be tempted to "pick up where you left off." Swallow your pride and start out a lane or two slower than when you last worked out.
3. Don't use fins for speed. Fins are great for technique work and drills, but the worst thing you can do is to throw on a pair of fins to "keep up."
4. Swim often. Even if you only have 20-30 minutes a day, get in the water as much as possible rather than doing fewer workouts and staying in longer. In other words, it would be better to swim 4 days a week, 30 minutes each time than to swim 2 days at 1 hour per session.
5. Count strokes. This will keep you focused on extension and ultimately technique. See if you can lower your average stroke count.
6. Set goals. If you are only capable of finishing 200 meters without stopping, don't try to jump to 1000 meters. Try a new, smaller goal each week. 300 meters would be reasonable, then 400, then 600, etc.

Keep these tips in mind and never forget that in swimming, patience + practice = performing at your best!

[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

More Swimming Tips in 2 Weeks!

[Update Profile](#) | [Unsubscribe](#) | [Confirm](#) | [Forward](#)

Delivered by **TOPICA**