



## Tri Swim Coach Newsletter

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### Update

Dear Friend,

**TriSwimCoach**

I hope your motivation level is up and your training is going well!

I know my motivation just kicked up a notch- here in California and most of the U.S., we got to move our clocks ahead- meaning more time in the evenings, and warmer days as we move into Spring!

Don't hesitate to email me questions about the drills, workouts, or training in general.

If you are a lap swimmer or if swimming is typically a solo effort for you, check out the SwiMP3 player below. Your workouts will be more fun than ever!

Enjoy the sample workout and stay positive!

Kevin

"Move out of your comfort zone. You can only grow if you are willing to feel awkward and uncomfortable when you try something new."

-Brian Tracy

[Get the Complete Guide to Triathlon Swimming Here!](#)

### SwiMP3 Underwater Swimming MP3 Player

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



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 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.

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



## Workout of the Month- April

A low aerobic workout designed to lengthen out your stroke.

Terms:

Cruise = an interval you can make 100's free on comfortably with about 10-15 seconds rest. Example: 5x100's on 1:45.

¾ Catchup- taking strokes about ¾ of the way to touching your other hand before each recovery. In other words, almost touch your hands out in front on each stroke.



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WARM UP: 2x200's 1) Free 2) Alternate Stroke (choice)/Free by 25

DRILL: 6x50's 3/4 Catchup

Rest= :15

3x200's #1) Count # of strokes. #2,3) Keep the same Stroke Count or lower

Rest= :15

MAIN: 2x(4x100+4x50)

100's: Cruise

50's: Stroke Count-1

50's: Stroke Count-1

WARM DOWN: 150 Breathe every 3-5 strokes

TOTAL: 2600 (yards or meters)

[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](http://www.triswimcoach.com)

### More Tri Swimming Mastery in 2 Weeks!

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