



Tri Swim Coach Newsletter

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NEW Discussion Forum

Dear Friend,



The discussion forum is finally up and running and triathletes are already posting! The Tri Swim Coach discussion forum will be an excellent place to get answers to questions, about swimming technique, workouts, or about The Complete Guide.

I will often be on there to answer questions myself, and an even faster way to get answers is to scroll through old topics.

You have to sign up to post. Check it out now!

Kevin

"Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish."

-John Quincy Adams

[Click Here to go to the Discussion Forum \(don't forget to Bookmark it!\)](#)

Workout of the Month

It's good to mix it up and keep things interesting. This workout definitely requires you to have your endurance built up. If you are just beginning, feel free to shorten each set to what you can do. Remember, never sacrifice technique for speed or distance!

Cruise= an interval you can make 100s on comfortably with about 5-10 seconds rest.

DPS= Distance Per Stroke (long strokes)

Finger Tip Drag= Freestyle, drag your fingertips across the top of the water on recovery. This helps you to get your elbows up, and breaks the common habit of reaching your hand forward through the air.

WARM UP: 300 Choice

4x(4x25, :10 Rest btw each 25)

Set #1- Kick on your side

#2,3- Drill- Finger Tip Drag

#4- Swim, Build (start out easy, build within the 25 to hard)

MAIN: 3x(4x100's, 4x25's)

100's: Free @ Cruise +:05
25's: Non-Free @ Cruise +:10
2x(4x75's) Free
#1) Kick, middle 25 hard :15 Rest
#2) DPS, Count Strokes :15 Rest
WARM DOWN: 200 Easy
TOTAL: 3000 Yards or Meters

[Click here for many more workouts like this and The Complete Guide to Triathlon Swimming!](#)

Have you Purchased The Complete Guide to Triathlon Swimming?

There is an updated version as of June 15th, 2005!
-The Workout section is updated and easier to read
-Some text is added in the introduction
-Links are updated and accurate



To download the new version, there is no charge if you have already purchased.
Simply log in to

www.triswimcoach.com/user

using the user name and password you created when you purchased.

Otherwise, click on the link below to purchase and download the full package today!

[Click here for a 12 week plan and The Complete Guide to Triathlon Swimming!](#)

More Swim Training Info Coming Soon!

www.triswimcoach.com