



TriSwimCoach

Email Newsletter – www.triswimcoach.com

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Dear Tri Swim Coach Subscriber,

I hope your summer triathlon season went well! Now that we're coming into the off-season (with the exception of a few races in the warmer places!), this newsletter will feature a combination of articles, product reviews, sample workouts, and off-season plans every 3 weeks. The product reviews are unbiased and I do not earn any kind of

commission on the links I may provide.

Feel free to send in your comments or suggestions on what we can do better, what kind of information you like best, or anything else you feel might help this newsletter.

As the cold weather season approaches, stay in the pool! Swimming can be the best sport to focus on over the next few months given the weather (unless you happen to be one of our lucky friends down under!)

Thank you for reading, and stay positive!

Kevin

P.S. Stay tuned for my new ebook on triathlon swimming survival coming out in November!



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Product Review: *Fistgloves*

My first experience with Fistgloves was at a swim clinic by [Total Immersion](#). The Fistglove Stroke Trainer is a small rubber glove shaped like a mitten. You put your hand

in it and it forces you to make a fist, with room for the thumb. Although difficult to put on while dry, I had no problem sliding the glove on in the water. (I hear that conditioner works if you're really having trouble!)

Swimming with these gloves on is quite an experience the first time. Your hand propulsion is eliminated, and you must move yourself through the water using everything but your hands. At first it felt excruciatingly awkward! I felt like I was stripped of my wings. After doing a few drills with the gloves on, and swimming a few laps, I took them off and began to swim again. What I found was an amazing feeling. I felt as if I were just gliding on top of the water! I was immediately sold on the gloves.

Since then I've been using the gloves on and off in my workouts. I may, for example, do a set of 15x100's: the first 10 with gloves, the last 5 without. Of course, I have to go on a slower interval while using gloves. But during the last five 100's, I feel very strong in the water. The results of using the gloves have been pleasing. I was able to decrease my average stroke count down about 1 stroke per length within 2 months.

When using the gloves, you are forced to swim the correct way through the water. Taking out your hands leads to more body rotation in the attempt to move forward. I believe that using the gloves on a regular basis can really transform a person's stroke. You can simulate the effect of the gloves by just swimming with your fists clenched (a drill I recommend). However, I find that to make significant gains, using the gloves consistently will make the most impact in overall stroke improvement.

You can find the gloves on the Total Immersion website, www.totalimmersion.net.

Tri Swim Coach rating: **Thumbs Up!**

Training Tips

TSC TIP #6: Master's Swimming: Move to a slower lane to work on stroke improvement. If you belong to a masters team, don't feel that you always need to keep up with your lanemates at every workout. Masters teams typically have many people with many different swimming goals. It's important to do your own thing! Remember that technique comes before all else and if this means swallowing a little pride to make improvements, just think of how much faster you will be for this in the long run.

For more stroke tips and articles, please visit <http://www.triswimcoach.com/>.

Sports Basement has great deals and a wide selection on swimming and triathlon equipment! Check it out by clicking on the banner below.



Stay tuned for more swim training articles and tips in 3 more weeks!

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