

Triathlon Workout



Copyright ©2008, swim-teach.com

Legal Notice

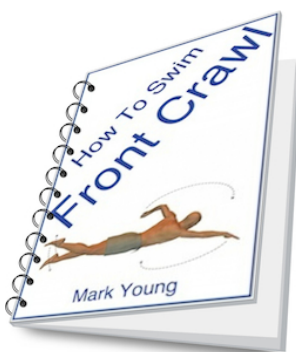
All rights reserved. No portion of this document may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for his or her own personal use. This document may not be reproduced in any form (other than for purposes of review) without the written permission of the publisher.

The material contained in this document is set out in good faith for general guidance and no liability can be accepted for loss or expense incurred as a result of relying in particular circumstances on statements made in the document.

Whilst every effort has been made to ensure the content of this document is as technically accurate and as sound as possible, neither the author nor the publisher can accept responsibility for any injury or loss sustained as a result of the use of this material.

How To Swim Front Crawl

Download Now...



...and Discover How:

- To **isolate** and **correct** your bad habits
- To swim longer distances with **less effort**
- To **fine-tune** your front crawl technique

Full 60 day money back guarantee with no questions asked

Click here for more information:

<http://www.swim-teach.com/how-to-swim-front-crawl.html>

Triathlon Workout

Exercise		Intensity	Coaching Points
Warm Up	100m gentle swim	50% effort	
Full Stroke	200m full stroke	70% effort	Steady pace Controlled breathing
Catch Up	200m front crawl catch up	80% effort	Maintain streamlined body position throughout
Intervals	25m full stroke swum at maximum speed 25m full stroke swum at half speed <u>Repeat 4 times.</u>	100% effort 50% effort	Stretch through each stroke.
Arms only with Pullbuoy	200m arms only using a pullbuoy	80% effort	Pull under the body to the hip Maintain shape
Full Stroke	200m full stroke	70% effort	Steady pace Relaxed
Transition 1	Practice transition to bike		

Total distance swum is 1000m, excluding warm up. Distances and intensities can be changed according to swimming standard.

All of the above exercises and teaching points are explained and illustrated in:

How To Swim Front Crawl

Contains everything you need to fine-tune your basic front crawl technique.

Download it here:

<http://www.swim-teach.com/how-to-swim-front-crawl.html>

