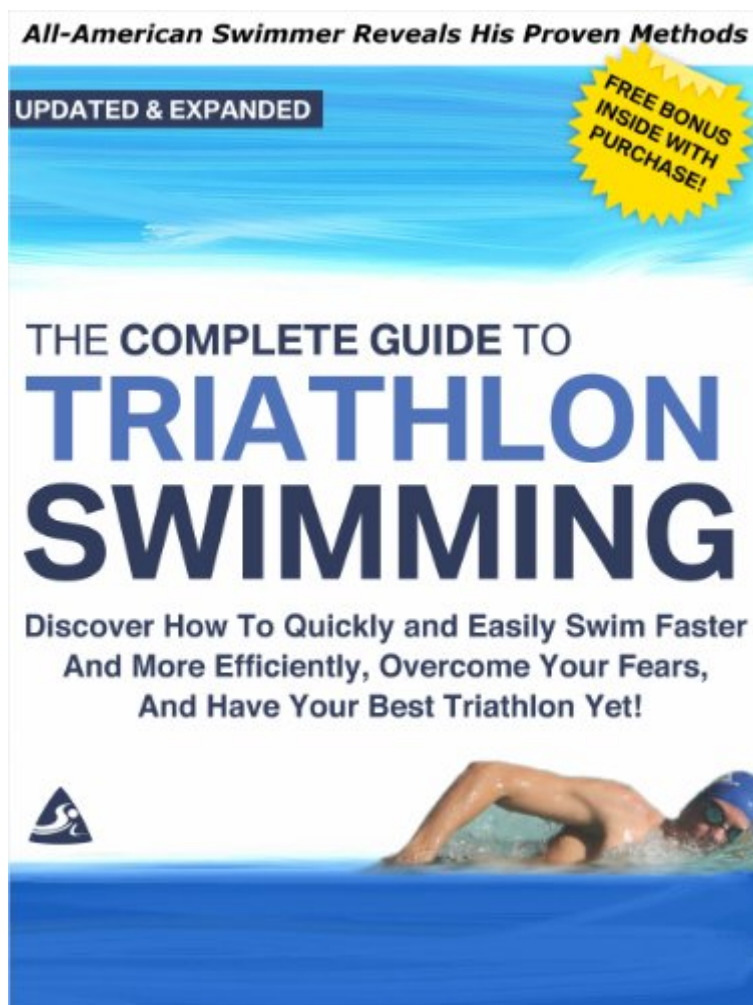


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The Complete Guide To Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet





Synopsis

This Book Includes Video Demonstrations!LIMITED TIME BONUS - "The 4 Keys to Open Water Swimming Success" Webinar - SEE INSIDE FOR DETAILS!Discover How To Swim Like a Fish, Have 50% More Energy Leftover After The Swim, And Slash 5-10 Minutes Off Your Triathlon TimesWould you like to be able to show up to your triathlon race with great confidence, swim with ease, not get left behind on this crucial part of the triathlon?Would you like to swim faster, have a fluid, smooth freestyle, and actually enjoy your triathlon swim without feeling exhausted getting out of the water?Would you like to turn your swimming struggles into a feeling of fun and excitement in a very short period of time?Sound impossible? Well it's not... Inside this complete guide, top triathlon swim coach Kevin Koskella shows you how to automatically accomplish more by employing the proper methods and techniques. The book dispels the myths about swimming that may be holding you hostage. You'll swim with much more ease and retain the energy needed for the other two legs of the race. Believe it or not... it can even make swimming your favorite part of the race! You'll find out that even if you don't know how to swim, there is hope. You will also find out that most triathletes are way overdoing it when it comes to their swim trainingâ and how you can actually do better with less effort.INSIDE YOU WILL DISCOVER: -Where 90-95% of your propulsion comes from-What part leg strength plays in swimming faster (you'll be surprised)-5 Common swimming myths and how to avoid them-The 4 keys to swimming effectively in the open water-The value of "sitting on your ankles."-The 2 types of equipment that will make you a better swimmer-How to avoid needless injuries-What 2 swimming drills will lead to permanent freestyle improvement-What muscles to train in the gym to be a better, stronger swimmer-7 things you can do to be optimally prepared for race day-â and MUCH more!You will also get 4 training plans specifically designed for a triathlon swim, so you know exactly what to do when you get to the pool.The solutions you'll discover inside The Complete Guide to Triathlon Swimming and Training can be the key to your triathlon success...To master your next triathlon swim and have more energy then you ever dreamed of on your next triathlon, get swim training plans to take the guesswork out of your training, and improve your swim speed, scroll up and click on "Buy Now" to deliver almost instantly to your Kindle or other reading device!

Book Information

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Customer Reviews

The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet. This book focuses on triathlon swimming and open water swimming where it aims to help beginner and intermediate triathletes improve their efficiency, endurance and speed in the water. This book is written by swim and triathlon coach Keven Koskella who, in my opinion, provides a similar approach to the Total Immersion philosophy of swim training and technique development. Both strive to develop a strong and balanced stroke, which is driven from the hips. They promote balance and efficiency in the water to generate speed, with the thought that no training should be performed at the expense of technique. I feel that Koskella's approach is hoping to provide quicker results than the Total Immersion school of thought, by encouraging the reader to enter into a more structured approach to swim training and technique practice. The book is made up of five main sections where the first section covers technique and builds the foundation of your stroke, with the second section covering the use of equipment in training. The third section runs through the different types training that should be incorporated and also covers strength training and flexibility using yoga. The fourth section specifically covers open water swimming and things to look out for on race day. The final section comprises four detailed swim training plans for Sprint, Olympic, Half Ironman and Ironman

Triathlons. I feel this book covers a great deal of content and is good value for money. I particularly like the fact that the drills and exercises explained in the book link to video demonstrations of the drills. I also like that it has covered dry land training and flexibility. My only criticism is that I would like more content on improving your stroke and stroke correction techniques. I still consider myself a student of the sport of swimming and am constantly wanting to learn more. I would definitely recommend this book to anyone looking to make improvements in their swim speed, endurance in the water and improve technique. I have been using the content in the book via the online site, triswimpro.com which also run by Koskella, and have made significant improvements over the past six months while using these techniques outlined in this book.

I swam throughout high school and college and the biggest takeaway for me was learning how to drastically conserve energy while swimming faster. Kevin goes over freestyle technique basics and the common things swimmers fail to do. There was a plethora of information my coaches never told me. There is a lot of detail in the swimming techniques with pictures and descriptions. My swimming speed increased greatly just after reading and applying the first section. I specifically liked Kevin's emphasis on how to keep work out routines fun and productive. Often times I feel like a machine when I am training so it's good to change my routines up to make them fun and even more useful. I really enjoyed the section on yoga and swimming and how it improves overall athletic performance. This can be applied to almost any sport yet I have never tried it with swimming. I did a few sessions based off of what Kevin recommends and I felt just fantastic. Will follow this routine daily..I am really just confident I am preparing the right way for this big event following the guidelines in this book. There is a golden nugget at the end with 12 different day by day training plans for different types of races. Very detailed and easy to understand..There is a lot of information on how to prepare, equipment to use, what to bring to the race which has ultimately increased my overall confidence for the race. I feel like I have an extra edge over others with all this knowledge to be successful in my upcoming race. Wish me luck!

After working through "Total Immersion" (Laughlin, 2004), "The Perfect Distance," (Rodgers, 2007), and "Your Best Triathlon" (Friel, 2010) I was eager to learn something from Koskella's (2012) new book, especially after reading the positive reviews by those who know him. But I was sorely disappointed. The biggest difference between Koskella's book and the others is that he creates complex swim routines. If you enjoy the mental exercise of figuring out new swim workouts each day and trying to remember them when you go to the pool, then this is a great tool for you. Here's

an example: Half Ironman Triathlon Week 1 Day 1 WARM UP: 300 Free DRILL/MAIN: 200 Free 1) Kick/Swim by 25's. Swim with fists only. 25+50+75+100 Free 100+75+50+25 Free SC throughout. Just note SC and Find your spl range. Rest= 10-15 seconds between swims. 4x(5x25's) Free Take your lowest spl on previous swim Start 1st 25 trying to hit that SC Add 1 spl for one set, then subtract 1 spl for the next set. Repeat. Eg. 14-15-16-17-18 spl 12x50's Free #1) SC #2-12) Try to hit the # of strokes you got in #1 on each 50. Rest: 10-15 seconds between 50's WARM DOWN: 100 Back/Free by 25's. Free breath every 3 strokes. TOTAL: 2200 Yards See what I mean? How do swimmers remember this stuff? I guess this could explain why I still don't swim fast. I just don't have the mental energy to commit these kinds of workouts to memory three days a week. Writing them down and putting them in a ziplock bag is one alternative which is probably what I'll end up doing unless someone can offer a better suggestion. That being said, there is one redeeming quality, the hyperlinks interspersed throughout the text are genius. With one click you can see the drill performed flawlessly by the expert. If this is your first triathlon swim training book, it makes sense to buy "The Complete Guide to Triathlon Swimming and Training" as all the essential drills are in one volume.

This book has some great swimming tips and workouts for getting ready for any size triathlon.. The drills are a little tough to understand without having a live demo. The included video is helpful.

Followed the plans to the letter and posted my best time ever! Thanks. Now if we can only get a pre-race and race day diet plan that really works.

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