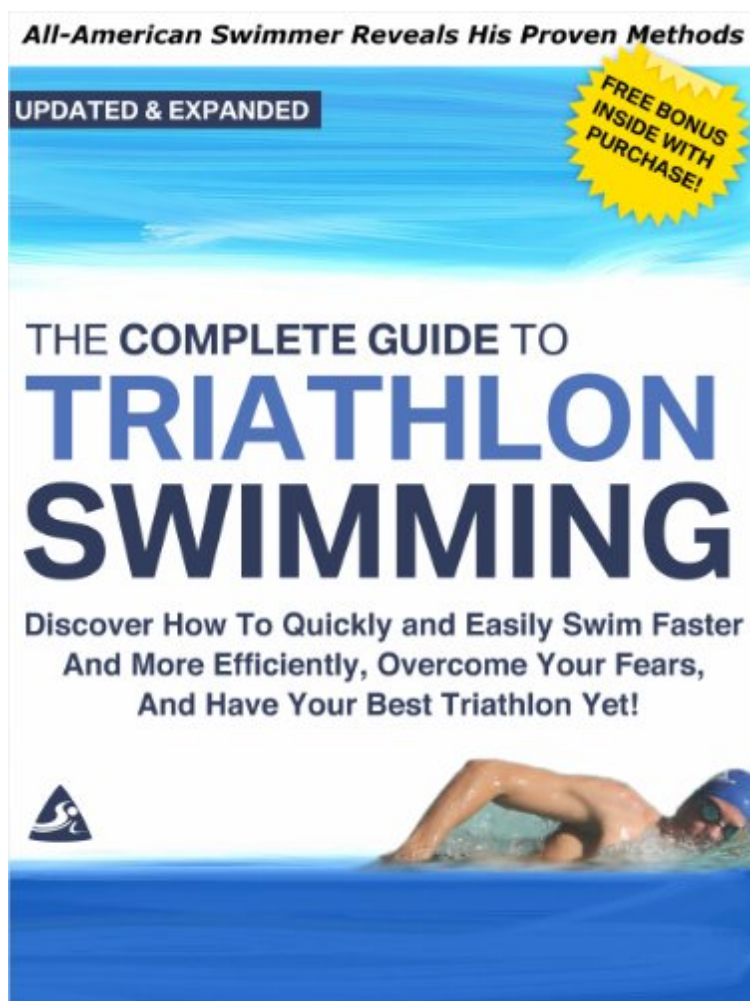


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The Complete Guide to Triathlon Swimming And Training: Discover How To Quickly And Easily Swim Faster And More Efficiently, Overcome Your Fears, And Have Your Best Triathlon Yet (English Edition)



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Prsentation de l'diteur***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 training 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-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 than 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!

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