



Swimming For Triathlon And Open Water: Gain Confidence and Unlock Your Ideal Front Crawl

Paul Mason

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WANT TO IMPROVE YOUR OPEN-WATER SWIMMING?

- Are you training for an open-water swimming event?
- Taking part in a triathlon with an open-water swim?
- Want to develop a more efficient front-crawl style?

Swimming for Triathlon and Open Water has the advice and tips you need to become more confident, more efficient and faster in the water.

Based on the successful Swim Better Fast coaching clinics, the drills and practices in the book target specific key movements and skills. Step by step, they help you build a simple, effective front-crawl style. This style allows swimmers to use less energy, swimming further in comfort than ever before. It is ideal for open-water swims, for longer-distance pool-based swimming, and for leisure swimmers who want to improve their technique.

As well as technique, *Swimming for Triathlon and Open Water* gives advice about how to train for an event, on-the-day preparations, what happens during a swim, the psychological side of open-water swimming, race tactics, nutrition and equipment.



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Clara Bearden:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Can be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Swimming For Triathlon And Open Water: Gain Confidence and Unlock Your Ideal Front Crawl can be excellent book to read. May be it might be best activity to you.

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People live in this new time of lifestyle always make an effort to and must have the spare time or they will get large amount of stress from both day to day life and work. So , whenever we ask do people have spare time, we will say absolutely indeed. People is human not just a robot. Then we ask again, what kind of activity are there when the spare time coming to an individual of course your answer will certainly unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative inside spending your spare time, typically the book you have read is actually Swimming For Triathlon And Open Water: Gain Confidence and Unlock Your Ideal Front Crawl.

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