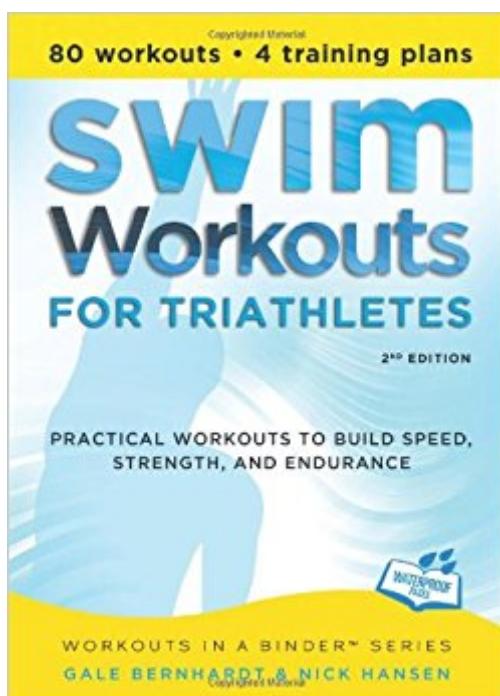


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Swim Workouts For Triathletes: Practical Workouts To Build Speed, Strength, And Endurance (Workouts In A Binder)



Synopsis

It's no secret: most triathletes are weak swimmers. Improving your swim will make you a faster, more confident triathlete, and you'll enjoy your time in the water. *Swim Workouts for Triathletes*, 2nd Ed. will help you develop real swimming speed. This waterproof book of 75 swim workouts provides the structure, variety, and drills triathletes need to become more efficient and faster swimmers. Each workout is designed around a specific goal--endurance, speed, form, muscular endurance, or anaerobic endurance--making it easy to prepare for events of different distances and improve all-around swimming skill. Supplement your current training plan with these workouts or use one of the book's four swim training plans to prepare for triathlon's most popular swim distances. You'll improve your efficiency and feel for the water with illustrated technique drills. New 30-minute workouts help slower swimmers or those with limited pool time get up to speed. *Swim Workouts for Triathletes* means no more swimming in circles. Take this waterproof book to the pool with you, and you'll be swimming real workouts that will make you a faster swimmer and a better triathlete.Â Â

Book Information

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Customer Reviews

"There's no need to leave *Swim Workouts for Triathletes* home as the waterproof pages will survive countless trips to the pool deck." -- USA Triathlon Life magazine "Swim Workouts for Triathletes is full of workouts that will make it easy to prepare for any race and improve all-around swimming skills." -- 3/GO magazine "This book is made to go to the pool." -- Competitor magazine "Swim Workouts for Triathletes has given me workouts that are perfect for triathlon training in a structure

that allows me to match them with my race goals." Exceptionally easy to take straight to the pool." -- TriEssential "How many triathletes look at the swim as just a giant obstacle course before the real race begins? Gale Bernhardt and Nick Hansen offer a good solution to that problem through the release of the second edition of *Swim Workouts for Triathletes*. The book links training objectives with workouts in the water that will drive improved performance at your "A" race this season." -- TriJuice

It's no secret: Most triathletes are weak swimmers. Improving your swim will make you a faster, more confident triathlete. "*Swim Workouts for Triathletes*" features 80 swim workouts with the structure, variety, and drills you need to become a more efficient swimmer. Each workout is designed around a specific goal--endurance, speed, form, muscular endurance, or anaerobic endurance--making it easy to prepare for any race and improve all-around swimming skill. You can use these workouts in your current training or begin one of the swim training plans inside. The new edition also includes: The 10 best drills for improved freestyle performance 30-minute sessions to fit a quality workout into a busy day Open-water workouts to get you race-ready Beginner & advanced workout sets to suit your ability or schedule 4 training plans for sprint, Olympic & half-Ironman(R), Ironman(R), and general fitness Take "*Swim Workouts for Triathletes*" to the pool to help strengthen your swim and become a better triathlete.

Pros: I use this when swimming almost every day, It gives my workout structure in every way. It has beginner sets, and intermediate too, so you can do what's right for you. It props up like a tent right by the pool, the pages are water proof--what a great tool. Other reviewers complain of confusing directions, but the included key/definitions bring it back to perfection..... but **Cons:** The workouts are long, several thousands of yards, and sometimes that time table just isn't in my cards. I also like to incorporate other strokes besides free, but I just change the workout so it's right for me.

The good points of this book for me are that:- It's waterproof- I can show up at the pool without a plan and have a productive workout.- It comes with training plans that cover everything from general fitness through to Ironman.- The text is big enough to read through goggles, without my contacts (your mileage may vary here)- It has illustrated drills (and be honest, who doesn't need to do more drills?) So why just four stars? I mean, I use this thing at all of my swim sessions now. As has been pointed out by other reviewers, the workouts are extremely front crawl (freestyle) heavy. It's not a big problem, since the book is targeted at triathletes and swimming any other stroke in a tri doesn't

make much sense. However, the IM sets and backstroke that featured in my old masters squad workouts really helped my swimming, and I think provided a balance for the muscles used in the sets. If you don't splash much when you turn, the drying of the book when you get home is easy... wipe down the page you're open to and forget about it. If you splash (or the guy in the next lane does) then it can take a few minutes to go through and wipe down all the damp pages - this is a necessary step. It's waterproof, not 'stay-dry'. The book is also seemingly written for a short-course pool (25m/yds). That's what I have access to mostly now, but I still prefer long-course (50m) and some of the workouts would be harder to adapt to long course. The abbreviations used in all the workouts can take some time to get used to, but that's not difficult unless your memory is worse than mine. The final issue is that many of the workouts rely on you knowing your T-pace (test pace following one of the tests in the book), and assume that you can effectively gauge your own pace as you swim. This is easy(ish) for experienced swimmers, but will be difficult for novices. All in all, I recommend this book wholeheartedly to anyone who wants an easy way of getting more structure into their swim workouts. It's not perfect, but that's a lot to ask for...

Don't write too many reviews but feel compelled to review this product as this is the second time I've purchased this item...in two weeks. Left my book at the pool and of course it was gone! While my review is somewhat degraded by the fact that I haven't used this product long enough to assess its results, it was nevertheless simple and provided focus to my sessions. Outstanding book. I am a relatively new swimmer having seriously trained in swimming for only three months for triathlons. However, I should add that I'm not new to swimming (military and childhood days) just new to competitive swimming. I am not a "program" type person. Never liked workout plans and generally stick to how I feel. Given the fact that I don't know much as to how to adequately balance drilling and swimming, this is perfect. Two knocks. One is I've never swam competitively and therefore am new to some of the lingo. The glossary section provides good explanation, but (unless someone can help me here) I could not find the explanation for 2-2-2. It explains DESC 2-2-2 but some of the workouts only have 2-2-2 as a description. I've just interpreted it as one in the same, but I think I would be totally lost if I haven't done some reading on swimming and workouts online. Next con would be I believe some of the distances are not suitable to total beginners. Three months ago, while I could swim, I would be smoked getting across the pool. Now I'm a pretty avid fitness guy and consider myself to be in great shape in general and as a Marine. Before I bought this book, I've competed in five triathlons ranging from sprint (750m) swims to Half 1.2 mile swims. I also got formal swim coaching. I consider the "beginner" workouts to be a pretty good workout. So while I

consider myself a noob in the competitive swim world (best 100m time would be 1:35 and avg just over 2:00 for long distance swims), I could not imagine doing these workouts as a true beginner. Other than that I feel its solid. Didn't have a problem with drying the book off. It's not like I'm flipping pages in the middle of a workout. I simply wipe the page I was using down after a session and no problems. I wish there was a website or forum for people that use this book, but maybe that's asking for much. Highly recommend.

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