

the swim



If you are new to swimming or your stroke (front crawl) is poor, I strongly suggest you book yourself in for some swimming lessons or have a qualified coach take a look at your swimming technique.

Before we get into front crawl:

Pool size – most let five (close to a 50m) I operators, ask the lifeguard for stroke improvements.

Body position – this and streamlined. A o (breathing). This will e

Leg kick – in distance, your back to the kee kick should be from th tors pointed, you will come from the hip. If when you lower leg & action in the water.

This means your arms – the fastest way to swim. Keep the kick relaxed & swimmer use a 2 or 4 stroke rotation.

Arm action – this is bit 4-curl, 5 recovery.

Entry when your hand hand of about 45 deg, do your shoulder and part in

Complete beginner

The goal of this programme is to be able to swim 100m in 15 or 18 weeks. Don't leave it open.

Week one

Warm up	10x 1
5 minutes walk	

Week two

Warm up	4x 2
5 minutes walk	

Week three

Warm up	5
5 minutes walk	

Week four

Warm up	
3 minutes walk	

Week five

Warm up	
5 minutes walk	

Week six

Warm up	
5 minutes walk	

Week seven

Warm up	
5 minutes walk	

Week eight

Warm up	
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b-fit coaching



beginners guide to triathlon

by Robert Ferris

