
Swim Smooth The Complete Coaching System For Swimmers And Triathletes

swim smooth's drill cheat sheet - swim smooth's drill cheat sheet drill%purpose key%points mantra
swim smooth guide to open water swimming - swim smooth guide to open water swimming written by swim smooth head coach paul newsome introduction learning how to swim effectively in the open water when you are entirely new to triathlon or open water swimming begins with developing your confidence in this strange new environment. even if you have been swimming for a while and are working on improving your performances in open water, you ... **swim smooth certified coach - lynxtriathlon** - warm-up: 100-200 choice swim 3 x 100 fins 1. 100 kick -choice -dolphin on back, flutter on back, flutter on side 2. ↑ 6/1/6 ↓ b5s 3. ↑ 6/3/6 ↓ b3s **adult!swim!smooth6.week!swim!clinic! st!catherine's!school ...** - terms and conditions 1.! all lessons must be paid for in advance. 2.! a place is booked and committed for the sessions as discussed. cancellations a week before the lessons commence will receive no refunds **yorkshire and humberside annual report november 2013 ...** - the y&h open water swim smooth day took place on saturday 12th july in conjunction with ripon triathlon in north yorkshire. there were 53 people booked on to the session with 10 coaches from across the region who volunteered to support the swim smooth coaches and gain some practical coaching experience following on from the level 2 course. novice training days only one novice training day took ...

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