

Intro to Swim Videos/MP4 Topics

1. Breathing- breathing is the most essential part of life- and swimming. If you do not breathe efficiently, it will cause many problems such as high heart rate, panic, early fatigue, as well poor technique. All of this can lead to inefficiency that could lead to a DNF on the swim. Proper breathing technique and breathing timing is essential to success on an Ironman swim.
2. Bodyline and Balance - this will discuss the correct bodyline and address how balance in the water impacts this. The bodyline is everything from fingertips to toes including head position. This is what helps reduce drag.
3. Kick - this video will discuss the kick as specific to triathlon. The kick is a hot topic in the triathlon world. This training will equip you to to kick in a way that helps you swim most effectively but without making your legs tired for the bike and run
4. Catch/pull - this video will discuss the most effective catch (also called the “pull”) not only to increase efficiency, but to also reduce injury and increase speed.
5. Sighting - this video will address how to properly and most effectively “sight” during open water races. Even those that have been competitive pool swimmers their whole lives might not know how to properly sight for most effective view as well as speed and reducing injuries