

TriSwim Techniques 1.0 Workshop

WHO: For the swimphobic beginner or veteran triathlete who needs to overhaul their swim stroke

WHAT: 6 hours of intensive stroke breakdown and build-up

WHEN: Jan 28, 3-6PM and Jan 29, 6-9PM

OR

WHEN: Mar 3, 3-6PM and Mar 4, 4-7PM

WHERE: Eisenhower Pool

HOW: Call Nancy at 217.220.1376 or email nalexander83@sbcglobal.net to register

TriSwim Techniques 2.0 Workshop

WHO: For the triathlete completing TriSwimTechniques 1.0 or veteran triathlete

WHAT: 6 hours of drill/swim, stroke tweaking and triathlon/open water swim techniques

WHEN: Apr 28, 2-5PM and Apr 29, 4-7PM

WHERE: Eisenhower Pool

HOW: Call Nancy at 217.220.1376 or email nalexander83@sbcglobal.net to register

TriSwim Techniques 1.0 Workshop

Jan 28-29 2012

Mar 3-4 2012



TriSwim Techniques 2.0 Workshop

April 28-29 2012

Eisenhower Pool

Participant Contact Information

Last Name _____ First Name _____
Street
Address _____
City, State,
Zip _____
Home
Phone _____ Cell Phone _____
Email
address _____

- TriSwim Techniques 1.0 Workshop
Jan 28-29 or Mar 3-4 (register by Jan 26th) \$100
- TriSwim Techniques 2.0 Workshop
Apr 28-29 (register by Apr 26th) \$100

- ❖ Workshops include pre and post video, laminated drill/swim cards, lots of great instruction, motivation and triathlete fellowship.
- ❖ Optional textbook will be available for purchase.
- ❖ Workshops are limited to 12 triathletes.

Call Nancy at **217.220.1376** or
email nalexander83@sbcglobal.net
to register and reserve your lane!

You Can Swim Efficiently and Effortlessly with Calmness and Confidence

Triathlon race swimming is unique in many ways....open water (likely dark and murky), arms and legs tangled together (with someone else's), and being able to emerge from the water ready to race in 2 more events!

Our goal then should be to practice swimming efficiently so we can confidently enter, be calm enough to effortlessly swim and exit with enough energy to successfully race the bike and run.

In TriSwim Techniques 1.0, we will breakdown the freestyle/front crawl swim stroke, using balance and alignment, core body propulsion and coordinated arm and leg propelling drills. At the end of the 6-hour workshop, you will learn how to swim train smarter and be a more confident, fluid and efficient swimmer.

In TriSwim Techniques 2.0, you can expect review of the technique drills, lots of drill/swim sets to hone individual technique, open water and pool swim/triathlon technique practice. At the end of the spring 6-hour workshop you can expect to be ready to confidently enter your first race or race better in the new season.

Your end is born in the beginning, in every small act.

Nancy Alexander - TriSwim Coach
ACSM Health Fitness Specialist