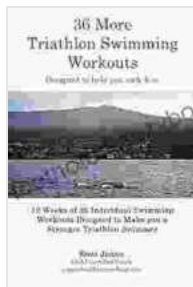


36 More Triathlon Swimming Workouts: Your Ultimate Guide to Swimming Mastery

Elevate Your Triathlon Performance with Expert Guidance

As a triathlete, swimming is an indispensable discipline that sets the foundation for a successful race. To excel in this crucial phase, it's essential to have a well-structured training plan that addresses your specific needs and challenges. With Scott James's latest masterpiece, 36 More Triathlon Swimming Workouts, you'll gain access to an arsenal of drills, sets, and workouts designed to transform your swimming performance.



36 More Triathlon Swimming Workouts by Scott James

★★★★☆ 4.1 out of 5

Language	: English
File size	: 2231 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 35 pages
Lending	: Enabled
Screen Reader	: Supported



A Comprehensive Training Guide

36 More Triathlon Swimming Workouts is not just another workout book; it's a comprehensive training guide that leaves no stone unturned. Inside, you'll find:

- Detailed drills to improve your technique and minimize drag

- Progressive sets that gradually increase intensity and distance
- Workout plans tailored to your specific goals and fitness level
- Tips and insights from a world-renowned triathlon coach
- Innovative dryland exercises to complement your in-water training

Tailored to Your Individual Needs

One size does not fit all when it comes to triathlon training. That's why Scott James has carefully crafted workouts for swimmers of all levels, from beginners to experienced athletes. Whether you're looking to improve your endurance, refine your technique, or develop explosive speed, *36 More Triathlon Swimming Workouts* has something for you.

Proven Results from an Expert Coach

Scott James is not just an author; he's a highly respected triathlon coach who has guided countless athletes to the finish line. His wealth of experience and proven track record of success are evident throughout *36 More Triathlon Swimming Workouts*. Each workout has been meticulously designed to produce tangible results, helping you shave seconds off your swim time and reach your triathlon goals.

Your Essential Triathlon Swimming Companion

36 More Triathlon Swimming Workouts is more than just a book; it's an invaluable training tool that will accompany you every step of the way on your triathlon journey. With its insightful guidance, actionable workouts, and expert advice, this book will empower you to:

- Increase your endurance and swim longer distances without fatigue

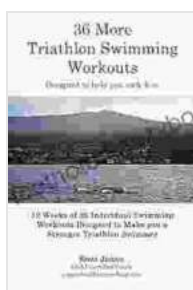
- Master proper technique to reduce drag and boost efficiency
- Develop explosive speed for faster starts and finishes
- Visualize your race and develop a winning mindset
- Avoid common pitfalls and optimize your training time

A Must-Have for Triathlon Success

If you're serious about improving your triathlon swimming and achieving your race goals, then 36 More Triathlon Swimming Workouts is an essential addition to your training library. With its comprehensive workouts, expert guidance, and personalized approach, this book will help you unlock your swimming potential and conquer the water with confidence.

Free Download your copy today and embark on a journey towards triathlon swimming mastery.

Free Download Now

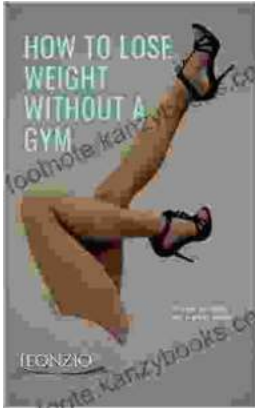


36 More Triathlon Swimming Workouts by Scott James

★★★★☆ 4.1 out of 5

Language	: English
File size	: 2231 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 35 pages
Lending	: Enabled
Screen Reader	: Supported





Lose Weight Without the Gym: Revolutionize Your Body and Health

In today's fast-paced world, finding the time and motivation to hit the gym can be a daunting task. However, losing weight and achieving a...



Unraveling the Enigmas of "The Naked Sun": A Journey into the Heart of Asimov's Gripping Robot Detective Saga

In the vast tapestry of science fiction, Isaac Asimov's "The Naked Sun" stands as a brilliant and enduring masterpiece. This captivating novel transports readers...