



Swimming For Triathlon And Open Water: Gain Confidence and Unlock Your Ideal Front Crawl

Paul Mason

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WANT TO IMPROVE YOUR OPEN-WATER SWIMMING?

- Are you training for an open-water swimming event?
- Taking part in a triathlon with an open-water swim?
- Want to develop a more efficient front-crawl style?

Swimming for Triathlon and Open Water has the advice and tips you need to become more confident, more efficient and faster in the water.

Based on the successful Swim Better Fast coaching clinics, the drills and practices in the book target specific key movements and skills. Step by step, they help you build a simple, effective front-crawl style. This style allows swimmers to use less energy, swimming further in comfort than ever before. It is ideal for open-water swims, for longer-distance pool-based swimming, and for leisure swimmers who want to improve their technique.

As well as technique, *Swimming for Triathlon and Open Water* gives advice about how to train for an event, on-the-day preparations, what happens during a swim, the psychological side of open-water swimming, race tactics, nutrition and equipment.

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