

Swimming 101

Simple, easy to follow steps to swimming freestyle faster with less effort. Technique, training, and resources to help you improve your swim.

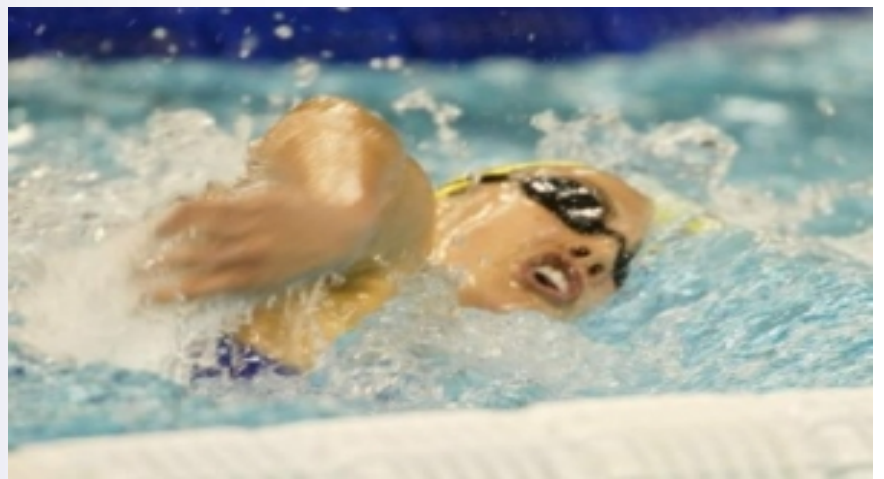


TABLE OF CONTENTS

TECHNIQUE

| | | |
|-----|----------------------|---|
| 1.0 | Breathing | 3 |
| 2.0 | Stroke | |
| 2.1 | Phase 1: Entry | 3 |
| 2.2 | Phase 2: Elbow Press | 3 |
| 2.3 | Phase 3: Pull | 3 |
| 2.4 | Phase 4: Recovery | 3 |
| 3.0 | Rotation | 4 |
| 4.0 | Kicking | 4 |

TRAINING

| | | |
|-----|----------------------|---|
| 5.0 | Swim Sets | 4 |
| 5.1 | Drill Sets | 5 |
| 5.2 | Speed Sets | 5 |
| 5.3 | Endurance Sets | 5 |
| 6.0 | Drills | 6 |
| 7.0 | Speed Sets | 7 |
| 8.0 | Endurance Sets | 7 |
| 9.0 | Workout Samples | 7 |
| 10. | A few final thoughts | 8 |

| | |
|----------------------------|---|
| SOURCES | 8 |
| RECOMMENDED READING | 8 |
| ABOUT COACH-TONY | 9 |
| AFFILIATIONS | 9 |

INTRODUCTION

Congratulations on taking the next step to improved swimming. Unlike many other sports, swimming relies more on proper technique than brute force. There is an abundance of material available via the internet, books, periodicals and know-it-alls. Deciding where to begin can be an overwhelming task.

In an effort to make your swimming quest easier, I have gathered the specific information you need to get started, or improve your swimming. The information is assembled into this concise, easy to read e-Book. The ideas in this e-Book are arranged in sequential order so that you begin with basics like breathing and finish with complete workouts.

This e-Book will teach anyone to swim fast and efficiently. If I can complete 12 Ironman with one arm, I can teach you to swim with two.

