

100 Swimming Workouts for Triathletes: The Complete Guide to Improving Your Swim for Triathlon Success



100 Swimming Workouts for Triathletes

★★★★★ 5 out of 5

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Enhanced typesetting	: Enabled
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Swimming is one of the most important disciplines in triathlon, but it can also be one of the most challenging. If you're looking to improve your swim, then you need a comprehensive training plan that will help you get faster, stronger, and more efficient in the water.

100 Swimming Workouts for Triathletes is the complete guide to improving your swim for triathlon success. With 100 workouts designed for all levels of triathletes, this book will help you:

- Improve your endurance
- Increase your speed
- Develop proper technique
- Gain confidence in the water

Whether you're a beginner just starting out or an experienced triathlete looking to take your swim to the next level, 100 Swimming Workouts for Triathletes has something for you. The workouts are progressive, so you can start with the easier workouts and gradually work your way up to the more challenging ones. Each workout includes detailed instructions, so you know exactly what to do and how to do it.

In addition to the 100 workouts, 100 Swimming Workouts for Triathletes also includes a wealth of information on:

- Swim training principles
- Nutrition for swimmers
- Race day strategies
- And much more

With 100 Swimming Workouts for Triathletes, you'll have everything you need to improve your swim and achieve your triathlon goals. So what are you waiting for? Free Download your copy today!

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About the Author

John Doe is a world-renowned triathlon coach and author of several books on triathlon training. He has coached hundreds of athletes to triathlon success, including several Olympic and world champions. John is a passionate advocate for swimming, and he believes that it is the foundation of a successful triathlon performance.

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