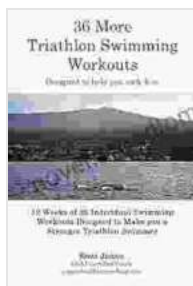


# 36 More Triathlon Swimming Workouts: Elevate Your Performance in the Water



## 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



Are you ready to take your triathlon swimming to the next level? Renowned coach Scott James has crafted 36 innovative workouts designed to optimize your performance in the open water. This comprehensive guide is packed with drills that will help you fine-tune your technique, build endurance, and master race-day strategies.

Whether you're a seasoned triathlete or just starting out, these workouts are tailored to meet your needs. Each workout includes detailed instructions, coaching tips, and progression plans. You'll find drills for all levels, from beginner to advanced, so you can customize your training to suit your fitness and experience.

## What's Inside the Book?

- **36 meticulously crafted triathlon swimming workouts** designed to improve your technique, endurance, and race-day performance.
- **Detailed instructions and coaching tips** to guide you through each workout.
- **Progression plans** to help you gradually increase your fitness and challenge yourself.
- **Drills for all levels**, from beginner to advanced.
- **Insights from renowned coach Scott James**, who has helped countless triathletes achieve their goals.

## **Benefits of Using This Book**

- Improve your swimming technique and efficiency.
- Build endurance and stamina for race day.
- Master race-day strategies to give yourself an edge.
- Train with confidence knowing that you're using proven workouts created by an expert coach.
- Achieve your triathlon swimming goals and reach your full potential.

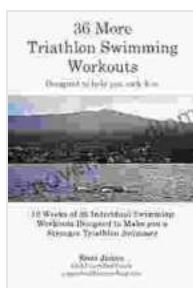
## **About the Author**

Scott James is a renowned triathlon coach with over 20 years of experience. He has helped countless triathletes achieve their goals, from qualifying for the Ironman World Championships to setting personal bests. Scott is known for his innovative training methods and his ability to inspire athletes to reach their full potential.

## Free Download Your Copy Today

Don't miss out on the opportunity to improve your triathlon swimming performance with 36 More Triathlon Swimming Workouts. Free Download your copy today and start transforming your swimming on race day.

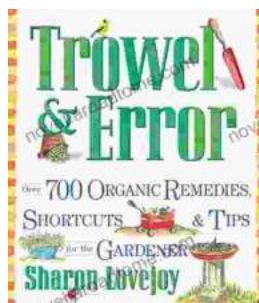
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