

Triathlon Freestyle Simplified: Swim Stronger, Better, Faster

Are you a triathlete looking to elevate your swimming performance and gain an edge in open water races? Look no further than "Triathlon Freestyle Simplified: Swim Stronger, Better, Faster," the ultimate guide to mastering the freestyle stroke for triathlon success.

Written by renowned swim coach and triathlete Matt Dixon, "Triathlon Freestyle Simplified" deconstructs the freestyle stroke into its essential components, providing you with a step-by-step approach to improve your technique, speed, and efficiency.

From body position and head alignment to breathing and stroke rate, Coach Dixon meticulously guides you through each aspect of the freestyle, empowering you with the knowledge and strategies to optimize your swim.



Triathlon Freestyle Simplified: Swim Stronger, Better, Faster by Conrad Goeringer

★★★★☆ 4.4 out of 5

Language : English
File size : 6285 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 198 pages
Lending : Enabled
Screen Reader : Supported

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- **Improved Technique:** Learn the biomechanics behind the perfect freestyle stroke and eliminate drag-inducing errors.
- **Enhanced Speed:** Discover the secrets to generating more power and propelling yourself forward with greater velocity.
- **Increased Efficiency:** Optimize your breathing and stroke rate to conserve energy and maintain a strong, consistent pace.
- **Reduced Fatigue:** Develop techniques to reduce fatigue and extend your endurance in open water swims.
- **Confidence Boost:** Master the freestyle stroke and gain the confidence to tackle open water challenges with ease.

"Triathlon Freestyle Simplified" is not just another dry theory book. It is packed with real-life examples and case studies of triathletes who have achieved remarkable improvements in their swimming performance using Coach Dixon's methods.

You'll learn from the experiences of athletes of all levels, from beginners to elite competitors, and discover how they overcame challenges and achieved breakthroughs in the water.

To complement the comprehensive text, "Triathlon Freestyle Simplified" also includes valuable bonus content:

- **Training Plans:** Tailor-made training plans for swimmers of all abilities, designed to help you progress at your own pace.
- **Online Video Tutorials:** Crystal-clear video demonstrations to illustrate the techniques covered in the book.

- **Printable Drills and Workouts:** Practical exercises to reinforce your learning and accelerate your improvement.

"Triathlon Freestyle Simplified transformed my swim. Coach Dixon's clear and concise instructions helped me identify and correct my technique flaws. I drastically reduced my swim time and gained the confidence to take on open water races." - Sarah, Ironman Triathlete

"I highly recommend this book to any triathlete looking to improve their swimming. It covers every aspect of the freestyle in detail, with easy-to-understand explanations and practical drills. I've noticed a significant improvement in my speed and efficiency." - John, Olympic-Distance Triathlete

"Triathlon Freestyle Simplified: Swim Stronger, Better, Faster" is the ultimate resource for triathletes seeking to unlock their full potential in the water. Let Coach Matt Dixon guide you on a journey of swim transformation and elevate your performance to new heights.

Free Download your copy today and embark on the path to triathlon success!



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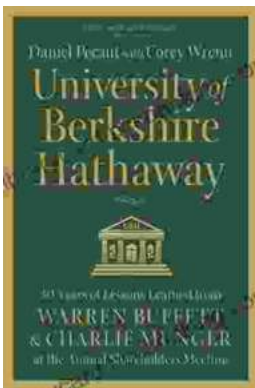
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