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Swim Smooth Coaching System Demonstration

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The Swim Smooth Guru makes training super-easy. A sophisticated virtual coach to help you discover, understand - and most importantly - apply all of our award-winning coaching, wherever you are. Now compatible with the Marlin. Find out more here

Swim Smooth Perth

Swim Smooth is book by Paul Newsome and Adam Young, both have a long background on swimming, but even more background on coaching swimming. They have a Swim Smooth named swimming training center in Australia and very useful we

Swim Smooth: The Complete Coaching Programme for Swimmers ...

Swim Smooth: The Complete Coaching System for Swimmers and Triathletes. Paul Newsome, Adam Young. Transform your technique and become a better swimmer with this remarkable new approach to freestyle swimming. Written for both fitness and competitive swimmers, Swim Smooth contains the latest breakthroughs in swimming to help you radically improve your speed, enjoyment, and success.

Swim Smooth: The Complete Coaching System for

Swimmers and ...

Got involved with the 'Swim Smooth' system in order to learn how to swim for a triathlon; previously could only swim 50m before getting very breathless. Swimsmooth system has worked wonders! Completed the 1.5km swim on race day in 36mins (first time ever in open water!) The book as part of a system of coaching (see swimsmooth.com).

Swim Smooth: The Complete Coaching System for Swimmers and ...

After graduating Paul began full time swimming and triathlon coaching in Australia and in 2004 launched Swim Smooth. Paul was swum the English Channel and continues to compete in open water swimming events, notably winning the Round Manhattan Swimming Race in 2013.

Swim Smooth : The Complete Coaching System for Swimmers ...

Got involved with the 'Swim Smooth' system in order to learn how to swim for a triathlon; previously could only swim 50m before getting very breathless. Swimsmooth system has worked wonders! Completed the 1.5km swim on race day in 36mins (first time ever in open water!) The book as part of a system of coaching (see swimsmooth.com).

Amazon.co.uk:Customer reviews: Swim Smooth: The Complete ...

To have been coaching regularly over the last three months and be linked to a swimming club with access to 3 sessions per week

so you can complete your off-course assessment. Have access to swimmers that sit within two different stages of the Athlete Development Support Pathway (ADSP) i.e training to train and above, over the course of a 6 week mesocycle.

Swim England Swimming Coach

Swim Smooth - The Complete Coaching System for Swimmers and Triathletes Paperback – 15 June 2012 by Paul Newsome (Author) 4.7 out of 5 stars 300 ratings See all 2 formats and editions