

Press Release

Swim Smooth: The Complete Coaching System for Swimmers and Triathletes

By Paul Newsome and Adam Young

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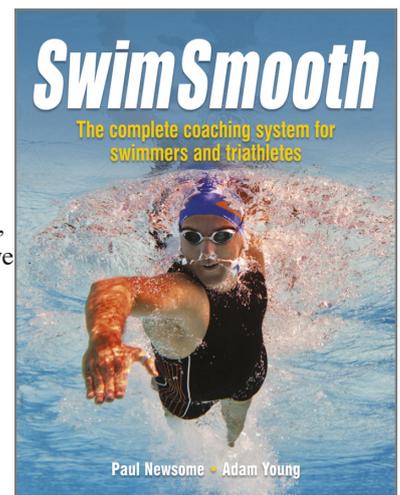
Swim Efficiently, Swim Fast, Swim Smooth

A swimming revolution is taking place in the UK and this is the book that Britain's swimmers have been waiting for.

The popularity of triathlons and open water swimming, as well as fitness swimming in pools, has seen a massive boost to the numbers of people taking the plunge every week. Now they have a book that shows them how to transform their technique and become a Smooth Swimmer.

The Swim Smooth approach helps you identify the strengths and weaknesses of your freestyle stroke and provides drills and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Sections on technique are supplemented with detailed advice on fitness training and racing skills. Open water swimming is fully covered.

Swim Smooth is more than just a book – it is a swimming system supported by highly skilled experts who help swimmers all around the world. The authors are coach education consultants to British Triathlon and the foreword, written by British Triathlon's coaching development manager Paul Moss, states: "Swim Smooth's methodical step-by-step approach to swim coaching helps remove the clutter which many swimmers report they feel when trying to improve their technique. We look forward to a long and successful partnership with Swim Smooth, and seeing the benefits and added value for our coaches, athletes and the wider sport."



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- Improve your swimming speed, success and enjoyment.

Authors Paul Newsome and Adam Young are highly experienced triathletes and open water swimmers who coach thousands of people every year via their Swim Smooth organisation.

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