

Swim Video Analysis and Coaching

Surely the most challenging aspect of triathlon for most people is the swim.

I know this only too well, because for years I tried and failed to improve my 1500m swim time from 32:30. When I did finally improve, it wasn't by nearly as much as I would have liked. Swimming coaches didn't seem to understand what was needed in order to improve the swimming of an adult who'd come to the sport late.

And so I set out to figure it out for myself. What I came to realise is that the way swimming is taught is completely wrong for most adults. You see, we have real problems relating what we see to what we actually do.

As a result, while I use video feedback so that you can see what you're doing (and you'll take away a CD containing your footage), you'll leave understanding that swimming better has nothing to do with what you see. And more importantly, you'll learn how to get yourself doing the things that really matter when it comes to swimming faster.

Oh, and by the way, I did get my 1500m swim split down - to under 21:00 - and all by using the techniques that I will teach you.

What this is not:

- A regurgitation of the same old stuff that you've heard before but that didn't work the first time.
- A video session with some commentary which you'll struggle to implement
- A session in an Endless Pool which bears little relation to your normal swimming conditions.

What this is:

A highly personalised session in a real pool in which I will video you, analyse your stroke and then teach you the drills and techniques that you need in order to make big improvements in your swimming.