

Long time swimmer but just realized I...



Reeb29 63 posts since

Nov 13, 2007

I've been swimming since I was small so over 30 yrs, I thought I was pretty quick for the average guy, but I need to be faster than normal. I'm wanting to do a tri-athlon and evidently my swimming sucks compared to everyone else's. I'm not planning on winning or anything I just don't want to completely embarrass myself. Is there any training tips anyone can give me? I think I'm not picking my arms up high enough and attacking the next stroke but not sure. Any websites or videos anyone can give on the appropriate stroke for long distance swim, I was trying the side stroke and I got that totally messed up I think. Yes, I am a noobie at this, well kinda sounds dumb I know how to swim but a noobie for the fastest approach. Swallowing my pride. Please help. Thanks



CCybele 4 posts since

Jul 10, 2008 1. Re: Long time swimmer but just realized I must have a weak stroke for tri-athlon Aug 5, 2008 7:06 PM

Hey-- I TOTALLY relate. Have been swimming since I was teeny and only just learned how useless my stroke is. Try <http://www.totalimmersion.net/>


I watched their video, read an article about them in recent triathlete mag, and coincidentally read about them in a women's tri book and came to the huge conclusion that a) I've been wasting a lot of my energy in the water and b) it's very easy to correct, via trying while doing laps/distance and feeling a HUGE difference in speed, efficiency, and rate of fatigue. Good luck!



Active Sara 1,120 posts since

Long time swimmer but just realized I...

Oct 2, 2007 2. Re: Long time swimmer but just realized I must have a weak stroke for tri-athlon Aug 6, 2008 8:24 AM

 in response to: [CCybele](#)
Hey Reeb29,

How are you? I work here in the community for Active and I actually realized a similar thing when swimming with some of my friends who compete in triathlons. My stroke isn't up to par! I always thought my legs were my weakness and my arms were my strength, but it turned out my arms needed a lot of work too. I haven't done a triathlon yet due to some back injuries I endured during college but I've learned a lot about swimming technique by working at active. Hopefully I'll be able to do a tri soon once I get everything rehabbed and ready to endure such activity. Anyway, I went through some of our information we have on and off the site that might be of some interest to you.

Good luck! Let me know how things go. ☺

Sara

P.S. I just realized this is about to be a looooong post!

Here is an article on how to improve strength in the shoulders: http://www.active.com/fitness/Articles/3_Exercises_to_Strengthen_the_Shoulders.htm

Dave Scott, Six-Time Ironman World Champion has a lot of great videos for triathlon and swimming in general. Here are some that might be helpful for you.

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Efficient Swimming:

Top Three Swim Drills:

Triathlon Kicking Drills:

Tips for Open Water Swim


Good luck!

Sara



[Reeb29](#) 63 posts since

Nov 13, 2007 3. **Re: Long time swimmer but just realized I must have a weak stroke for tri-athlon** Aug 6, 2008 4:41 PM

 in response to: [Active Sara](#)

Hey CCybele and Active Sara thank you both for your replies and I looked at both of your sites and the videos and I'm definately going to try that later this week. I'm glad I've been doing it wrong (less efficiently) for years and years. Good luck Sara on your recovery and when you do you tri-ath. Good luck to you both.



[nelsterpa](#) 2 posts since

Feb 28, 2008 4. **Re: Long time swimmer but just realized I must have a weak stroke for tri-athlon** Aug 8, 2008 10:30 AM

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I was a competitive swimmer in High School and after a 25 year lay-off decided to start competing in triathlons last year. I was a very fast sprinter and competed in the 50/100 free as well as 100 breast. When I started training for triathlons it became evident that my stroke was ineffective when it came to sustaining a high rate of speed over distance. The following is a list of corrections that I made that helped me become an effective triathlon swimmer. (usually in the top 10% of swimmers in an event)

1. Front quadrant swimming- By swimming in the front quadrant your legs are pulled towards the surface lowering your overall resistance. (See Ian Thorpe videos)

2. Body Position- Swim slowly 35-45 stroke per minute and focus on cutting through the water. (See Poppov training technique)

3. Maximize distance per stroke-


4. Find your optimum cadence- see drills for cadence training.

Long time swimmer but just realized I...



[Active Sara](#) 1,120 posts since

Oct 2, 2007 [5](#). **Re: Long time swimmer but just realized I must have a weak stroke for tri-athalon** Aug 11, 2008 11:42 AM

 in response to: [nelsterpa](#)

Great info, nelsterpa!