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Coaching Programme For Swimmers And  
Triathletes Paul Newsome

# Swim Smooth The Complete Coaching Programme For Swimmers And Triathletes Paul Newsome

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Fraser Cartmell Video Analysis \u0026 Stroke Correction With Swim Smooth  
Swim Smooth Book Review - By Wayne of SwimmingCyclingRunning.com  
How CSS Swim Training Works  
*Swim Smooth Podcast with Craig (Crowie) Alexander, May 2020*

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~~Swimming Olympian Anna Karin Lundin in action trying  
\"Smooth\" and \"Swinger\" stroke styles. Highlights Of Video  
Analysis Session With SWIM SMOOTH Coach Gabriela  
Minarikova The Most Graceful Freestyle Swimming by Shinji  
Takeuchi Swimming Technique: Jodie Swallow World Triathlon  
Champion Swim Smooth: What Is An Efficient Freestyle Stroke?  
Part 1 SwimSmooth Swimming Analysis from Swimsmooth  
Coaches Course~~

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~~Tanya Brightwell's swim smooth analysis~~*Anna-Karin Lundin Turns  
To The Dark Side!*

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~~FREESTYLE SWIMMING: 5 MOST COMMON MISTAKES~~*How  
To Swim Freestyle With Perfect Technique Nathan Adrian |  
Freestyle Stroke - Swim Technique* **Breathing Skills For Open  
Water Swimming** *9 Stroke Freestyle Technique* Faster Freestyle

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Swimming: Part 1. Hand Placement: How to properly set up the stroke *Part 7 - How to 'Work Less, Swim Better' in Triathlon* **Shinji**

**Takeuchi - video by nurledge** *Common Freestyle Breathing Mistakes Fast Swimming Secret Tip - Core Exercise Introducing The Swim Smooth Guru - Your Virtual Swimming Coach* ~~Swim~~

~~Smooth Coach Fiona Ford Analyses Lizzy's Stroke Must Have~~

~~Book for Swim Coaches~~ **Scott Neyedli swim analysis with swim smooth - Paul Newsome** \u0026 **Adam Young March 2010.AVI**

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Swim Smooth Coaching System Demonstration

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Swim training structure the Swim Smooth way with Paul Newsome (part 2) | EP#133

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How I Went From Crappy Swimmer to Swimming 10km  
~~Remarkable Footage Of Swimmers Going Off Course~~

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Swim Smooth The Complete Coaching  
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Open water swimming is fully covered with practical skills for every level. Learn about nutrition, flexibility and dealing with cramp. The Swim Smooth approach helps you identify the strengths and weaknesses of your 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.

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Swim Smooth: The Complete Coaching System for Swimmers and

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Swim Smooth: The Complete Coaching System for Swimmers and Triathletes eBook: Newsome, Paul, Young, Adam: Amazon.co.uk: Kindle Store

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

Swim Smooth : The Complete Coaching Programme for Swimmers and Triathletes, Paperback by Newsome, Paul; Young, Adam, ISBN 1119963192, ISBN-13 9781119963196, Brand New, Free P&P in the UK Beginner, intermediate, advanced swimmer or coach, discover a remarkable new approach to freestyle swimming which will help you transform your technique become a better swimmer.

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Swim Smooth: The Complete Coaching System for Swimmers and

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The book contains Swim Smooth's complete coaching program, including: How to develop every aspect of your freestyle stroke technique and avoid common pitfalls while doing so. Swim



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Triathletes Paul Newson's complete drill set to refer to with detailed descriptions and photos. An up-to-date understanding of what makes an efficient and fast freestyle stroke.

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Swim Smooth - The Complete Coaching System For Swimmers ...  
Swim Smooth Certified Coaching in Swindon, the Cotswolds and South West England The premier provider of all things swimming Start or develop your swim journey the right way, join us at South West Swim and be the best you can be. South West Swim Pool Squads / Group Sessions

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South West Swim - Swim Smooth Certified Coaching

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Find your certified Swim Smooth Coach. Dear swimmer, I'm very proud to say that today Swim Smooth is the leading swimming company in the world thanks to our unerring focus on developing great coaching methods, our unique and innovative tools (such as the Swim Smooth Guru ), and a truly individual approach to coaching swimmers. This is why British Triathlon and the International Triathlon Union (the worldwide governing body for triathlon) chose us as their experts to re-write the swimming ...

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Find your certified Swim Smooth Coach

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

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you are. Now compatible with the Marlin. Find out more here

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## 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

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## Swim Smooth: The Complete Coaching Programme for Swimmers

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Swim Smooth: The Complete Coaching System for Swimmers and Triathletes. Paul Newsome, Adam Young. Transform your

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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.

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Swim Smooth: The Complete Coaching System for Swimmers and

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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

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Swim Smooth: The Complete Coaching System for Swimmers and

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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.

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

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Swim England Swimming Coach

Swim Smooth - The Complete Coaching System for Swimmers and Triathletes Paperback – 15 June 2012 by Paul Newsome (Author)

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