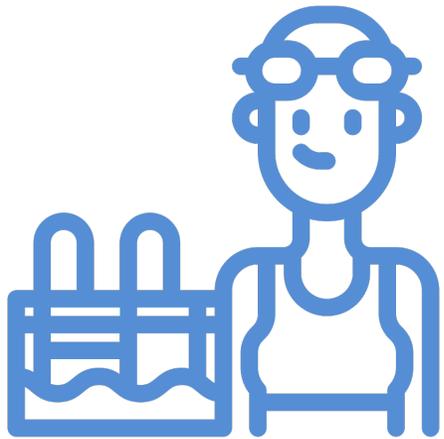




Beginner Swim Drills Guide

What helps • When to use it • How to stay calm

What Actually Matters in Triathlon Swimming



- Breathing Control: panic fades when CO₂ clears
- Body Position: long body = less effort
- Rhythm: smooth beats fast
- Speed comes later. Control comes first.



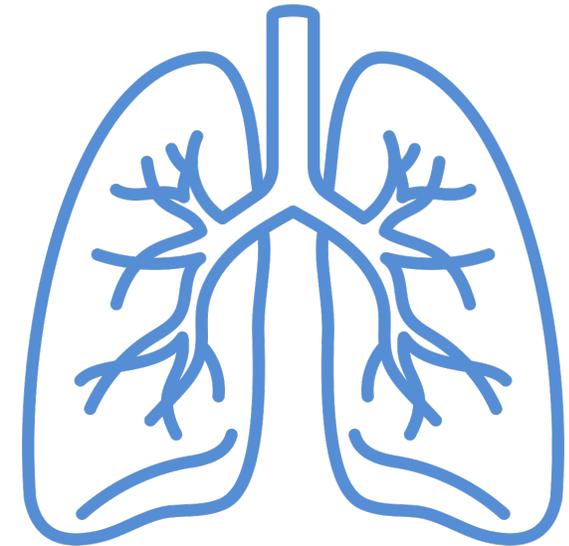
Breathing & Panic Control

Issues: panic, rushed breathing, tension

Drills:

- Bubble-Bubble-Breathe
- One-Goggle Breathing
- Back Float / Easy Backstroke

Cue: Exhale underwater → quick sip of air



Body Position & Balance

Issues: sinking legs, zig-zag swimming

Drills:

- Superman Glide
- Kick on Side

Cue: Head down → hips up → stay long



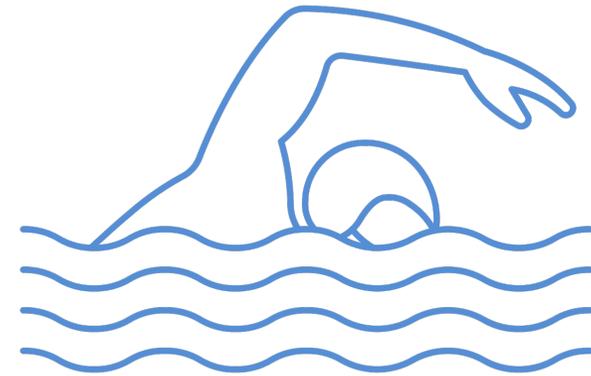
Stroke Length & Rhythm

Issues: short strokes, early fatigue

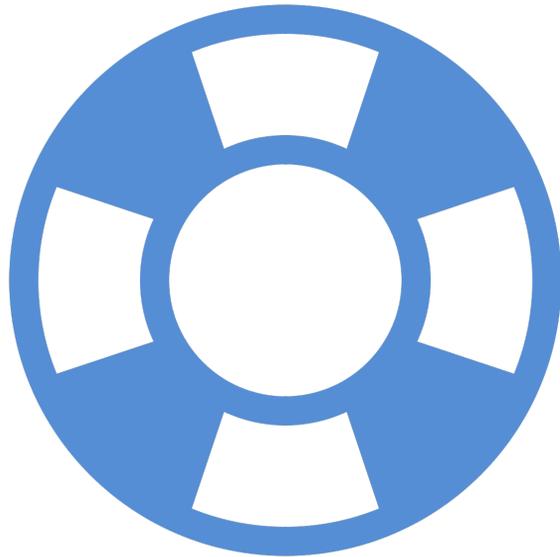
Drills:

- Catch-Up (Relaxed)
- 25 Smooth / 25 Smooth

Cue: Reach forward, press water back



Recovery & Tension



Issues: tight shoulders, wide recovery

Drills:

- Zipper Drill
- Fingertip Drag
- Thumb-to-Thigh

Cue: Relaxed recovery close to body



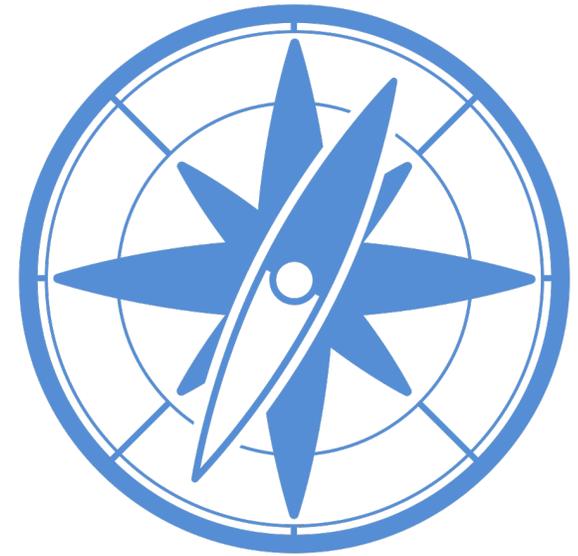
Open Water & Race Skills

Focus: sighting and staying calm

Drills:

- Sighting Drill
- Tarzan Swimming (short bursts)

Cue: Stay long, keep moving forward



Bubble-Bubble-Breathe

Helps: Clears CO₂ and reduces panic

Use When: Breathing feels rushed

Focus: Continuous exhale



Superman Glide

Helps: Body position and balance

Use When: Legs feel heavy

Focus: Long relaxed body line



Catch-Up (Relaxed)

Helps: Stroke length and rhythm

Use When: Stroke feels rushed

Focus: Avoid long pauses that cause sinking



Zipper & Hip / Leg Tap

Helps: Relaxed recovery and rhythm

Use When: Arms feel tense

Focus: Light touch only: awareness, not force



Sighting Basics

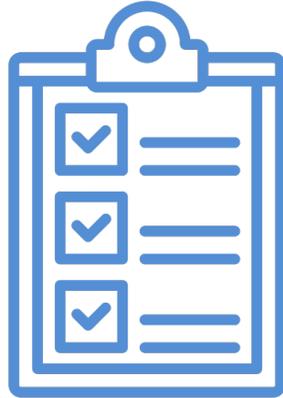
Helps: Staying on course

Cue: Eyes only, quick peek

Focus: Turn to breathe



What NOT to Worry About Yet



-  Speed
-  Perfect catch mechanics
-  Long nonstop swims
-  Focus on calm, control, and consistency

Coach's Truth

Most triathletes improve fastest by exhaling underwater, breathing more often when stressed, staying long, and swimming calmly and consistently.

You don't need to be fast; **you need to be calm and controlled.**



Next Steps with Tri IQ

- ✓ Beginner-friendly swim coaching
- ✓ Open water confidence building
- ✓ Personalized triathlon coaching

TriIQCoaching.com

