

Triathlon & Distance Swimming Training

from: Swimming Lessons London

Price: £0.00

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Description

Triathlon and swim distance training sessions main purpose is to refine swim technique to maximize efficiency, improve aerobic and muscular fitness/endurance. To prepare and learn pacing for distance swims. suitable for -swimmers able to swim at least 200m - advanced, triathletes, fitness swimmers.



<https://www.theimpactblueprint.co.uk/classified/triathlon-and-distance-swimming-training-3514.html>