

# Triathlon & Distance Swimming Training

from: Swimming Lessons London

**Price:** £0.00

**Date:** 2023-05-02 17:38:38

**Expiration Date:** 0000-00-00 00:00:00

## 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://mail.thefarmingawards.com/classified/triathlon-and-distance-swimming-training-3514.html>