

Triathlon Swimming Made Easy: The Total Immersion Way for Anyone to Master Open-Water Swimming

Terry Laughlin



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A clear, practical guide to swimming freestyle better than you ever thought possible. Not only to swim well enough to breeze through a triathlon swim leg with ease and confidence; but to reach a Nirvana where the swim is your favorite part. If you're not aiming to do a triathlon, but would simply like to swim with ease, efficiency and confidence, TSME will turn you into a beautiful freestyler with the freedom to swim in any body of water.



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