



# **The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes**

*Thomas A. Denes*

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## **The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes**

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The Waterproof Coach is a unique, self-paced workout book for swimmers and triathletes. This book is completely waterproof. Swimmers can take the book pool-side and plan their workout as they swim. Each page of workouts is cut into three segments--the first segment contains a warm up, the second a main set, and the third a cool down. The book can easily be configured into over 6,700 different workouts by combining any warm up with any main set and any cool down. In other words, if the book is used three days a week, it would take over 40 years before the same workout is repeated! The book presents three levels of workouts, from beginner to intermediate. The three segments allow swimmers to mix and match their workouts by combining any of the levels together. Swimmers can vary their routine simply by flipping the segments.

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