

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.smeboardofdirectors.com/classified/triathlon-and-distance-swimming-training-3514.html>