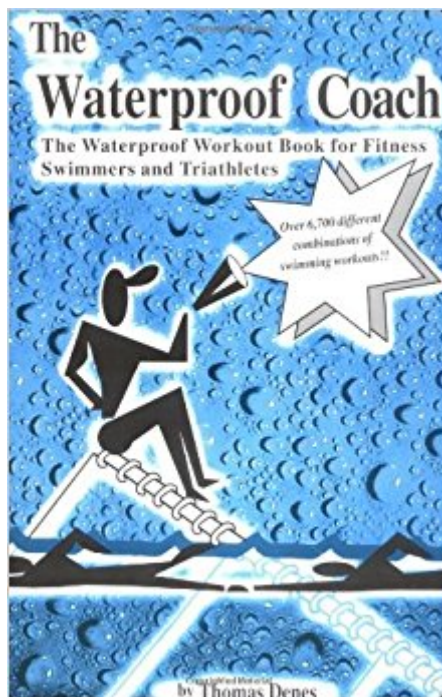


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The Waterproof Coach: The Waterproof Workout Book For Fitness Swimmers And Triathletes



Synopsis

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.

Book Information

Spiral-bound: 54 pages

Publisher: Ancient Mariner Aquatics Inc (April 1, 1997)

Language: English

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Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 32 customer reviews

Best Sellers Rank: #687,337 in Books (See Top 100 in Books) #110 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #162 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #1002 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#)

Customer Reviews

The Waterproof Coach by Thomas Denes is the perfect training companion for both the beginning swimmer and the seasoned triathlete looking to jazz up a workout. The Waterproof Coach is fun to read and flip through. More important, with so many workout choices, it's never boring. Denes, an international and national masters competitor, brings humor and enthusiasm to his book, making The Waterproof Coach the perfect training partner. (Inside Triathlon, December 1997) The Waterproof Coach is not a life-size, inflatable doll with a whistle and stopwatch. It's a spiral-bound workout book with waterproof pages cut into three segments, like a children's picture flip book. Each third of a page is either a warm-up, a main set, or a warm-down, ranging from easy to advanced.

You can swim the workout on a whole page or mix up the thirds, doing an easy warm-up and warm-down and a tough main set, for example. The whole workouts total anywhere from 800 to 2,500 yards, with suggested intervals and rest. And you'll never run out of workouts. It would take you 19 years, swimming one workout a day, to swim all of the 6,700 possible variations. (Fitness Swimmer, October/November 1997) Finally--a swimming book you can take to the pool. What a great idea! If you're a swimmer without a coach and swim a certain number of minutes, this book would be a great way to enter the much-more-interesting world of interval swimming. Also, coached swimmers can use the book for workout ideas when training alone or away from home. (Swim Magazine, September/October 1997) Unlike swimming with my regular coach who, when splashed, became wet and irritated, this one didn't mind at all. That is because this coach, 'The Waterproof Coach,' is a coated workout book designed for pool side use. You can splash it, dunk it and soak it and you can just dry it off with a towel. (Transition Times, October 1997) Need some help outside your master's swim program? The Waterproof Coach may be the handy answer. Spiral-bound for easy flipping, its pages are divided into three segments: warm-ups, main sets and cool-downs-ranging from easy to advanced. Distances vary from 800 to 3,500 yards, with a total of 6,700 possible workout variations. According to author Tom Denes, it would take 19 years (swimming one workout a day) to swim all of the possible workouts. -- Triathlete Magazine, February 1999

I thought about the concept for The Waterproof Coach for five years before I wrote the book. I had heard many a bored swimmer complaining about doing the same workout over and over again, many using index cards wrapped in plastic! I decided to create a book with which the swimmer could create thousands of workouts merely by arranging the segmented pages. I also decided to make the book waterproof so that the swimmer could take the pool right on deck. I hope you enjoy the result!

So cool! I first ordered another binder with workouts but since I am not training for anything major, just looking for workouts, it was out of my league. This book on the other hand is JUST what I wanted! The pages are already divided by three so each third of the page has either a warm up, main set, or cool down. That means you can flip through and make your own combination of those three components. There are a ton to choose from, and although as someone pointed out they are pretty basic that just gives you more opportunity to customize them by choosing a stroke. I recommend this for anyone who is tired of typing up and printing out workouts when they want to

get a certain amount of yardage in at the pool. You won't regret it!

If you are looking for multiple swim workouts to increase your endurance in the pool, this book is for you. They have many different workouts for every stage from beginner to advanced. Lots of options for warm ups and cool downs as well. This is a really unique and useful book.

I keep this book in my swim bag. It's become as essential an item as my swim cap and goggles! There is a fairly good variety in this book, and I like that you can mix and match the warmup, main set, and cool down. I also purchased one for my mother as a gift. The pages stick together a little when they're wet, but this hasn't bothered me.

I really enjoy this book. I love that I can take it to the water and pick my workouts from there. This is a great tool if you are looking to using swimming as part of your workout routine.

love how i don't have to think - i just flip through the book, find something interesting, hang it on the end of the pool and get started. its completely waterproof, and i've never done the same workout twice. I've had this book for 10+ years and just gave a copy to my nanny who is starting to do triathlons. its great for all levels too.

This handy, water-proof book helps me stay on track with my workouts, without getting into a rut. I love the easy-to-mix-and-match tabs. The book is easy to follow and it fits right in my swim bag!! highly recommend this book to semi-experienced swimmers who are looking to build up their workouts. For newer swimmers, you might also like this, but have patience as you learn more about swimming, techniques, and strokes.

This a great book to use. And its really waterproof! There are endless combinations of workouts to work any and all parts of the body at the same time. My only qualm with the book is that it really only focuses on free style and free style drills. I am an all around swimmer- back - FLY breast strokes...I make up for by substituting my own drills and workouts in. Thats easy for me because I used to be a competitive swimmer and I taught/trained other swimmers. However for someone who is not as experienced it could limited them

My daughter is in love with this book. As a year round competitive swimmer she has found this book

incredibly useful. It has held up by the side of the pool thanks to the waterproofed pages. She loves to make up her own workouts with the flip book style. This book has been a great way to keep her motivated when she has time off from the pool & forgets to bring her coaches workout with her... or just feels the need to design her own for fun!

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