

BESCHREIBUNG KURSANGEBOT:

TRIATHLON CRAWL TRAINING

Kursnummer: 263372

Ort: Schulhaus Bläsi, Hallenbad
Adresse:
Müllheimerstrasse 94
4057 Basel

Lerninhalt:

Crawl for Triathletes – Swim More Efficiently, Save Energy and Improve Performance – Courses for Beginners

Optimize your freestyle technique specifically for triathlon:

- glide through the water with a streamlined and efficient body position
- generate more propulsion with an effective arm stroke while reducing unnecessary effort
- use the leg kick for balance, stability and energy conservation
- develop a controlled breathing rhythm for longer distances
- improve technique, endurance and efficiency for training and competition

Triathlon Crawl Technique for Beginners

Requirements:

Ability to swim approximately 150 m freestyle continuously with basic crawl technique

Content

- analysis and correction of individual technique errors
 - improvement of body position, arm stroke, rotation and breathing technique
 - specific technique drills for more efficient and energy-
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saving swimming

- development of swim-specific endurance, strength and coordination
- optimization of pace and rhythm for longer triathlon distances
- introduction to triathlon-specific skills such as open-water orientation and maintaining a steady pace

Goals

- swim 300 m and longer distances with improved technique and efficiency
- develop confidence and consistency throughout the swim section
- master an economical freestyle technique to save energy for the bike and run
- improve your personal swimming style and unlock your full performance potential

Trainer:	Timon Affentranger	
Kursniveau:		
Bemerkung:		
Kosten:	231.00 CHF	
detaillierte	<u>Lektionen: 7</u>	
Termine:	Datum	Uhrzeiten
	13.08.2026	19:00 - 20:00
	20.08.2026	19:00 - 20:00
	27.08.2026	19:00 - 20:00
	03.09.2026	19:00 - 20:00
	10.09.2026	19:00 - 20:00
	17.09.2026	19:00 - 20:00
	24.09.2026	19:00 - 20:00