

BESCHREIBUNG KURSANGEBOT:

TRIATHLON CRAWL TRAINING FOR BEGINNERS

Kursnummer: 264371

Ort: Schulhaus Bläsi, Bahn 2
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 500-750 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:	330.00 CHF	
detaillierte	<u>Lektionen: 10</u>	
Termine:	Datum	Uhrzeiten
	15.10.2026	18:00 - 19:00
	22.10.2026	18:00 - 19:00
	29.10.2026	18:00 - 19:00
	05.11.2026	18:00 - 19:00
	12.11.2026	18:00 - 19:00
	19.11.2026	18:00 - 19:00
	26.11.2026	18:00 - 19:00
	03.12.2026	18:00 - 19:00
	10.12.2026	18:00 - 19:00
	17.12.2026	18:00 - 19:00