

# LOVE TRI

## SwimWerkx

race team

**RN** At last a coach that knows exactly what he's talking about, can break down technique into small precise pieces and build you back together into a better and faster swimmer, one of the few coaches I'd give my valuable time to

**LN** I really loved my swim at the relays yesterday, I was 3:28 faster than last year and from being last club lady then to midpack (there were 12 people behind me from the club this year) I'd like to say thanks, never thought I'd get over my wobbles!

**EW** Oh dear - thoroughly enjoyed my first session in open water, even if I did look like Swamp Thing. Awesome. Thank you so much, Paul. I'm sure I'll see you again!

**HJW** Thank you so much for the swim coaching tonight I learnt more tonight than ever before, feeling so great and confident about swimming right now! I'm going to practice swimming so, so much until I'm a pro now I know how to!

**HJW** Thanks for all the swim training I was my best ever 7th out of the water, 2nd overall and 1st in my age group thanks coach

**RL** Thanks again for last night, I now understand what you were saying, I'll work on my technique especially the arm recovery, catch and pull as you make it look so easy and effortless

**NM** You've made such a difference to Em's swimming, she was 4th out of the water in her second race last week, something she'd never have believed possible a few short weeks ago, she's loving swimming and can't wait for her open water swim tomorrow, can't get her out of the water now!

**MH** I learnt more in 15 minutes from Paul than in the last 10 years swim coaching ... now all I've got to do is unlearn all the bad habits...brilliant!

**MT** I did a good swim Saturday in 38 minutes and it felt really slow and controlled. Just wanted to let you know that the sessions have made a real difference, I'm more relaxed and confident in the water. (she swam sub 35m for 2k in the race!)

**MW** (Tri Coach) A great morning at the Water Leisure park Open water swim. Good to see everyone having fun; a big thanks to Paul Gardner for giving his time and experience in a well-coached open water session. See you next week to work on what Paul was taking us through

**NM & AM** Thanks Paul, that's fab. Thank you for your time today 11 drill and rock and roll was of great benefit, Annie does enjoy your sessions. Hopefully see you again soon

**HW** I was over 4 mins quicker swimming 1500 than I was last year, same again for next year please, see you next week

**CL** Down from Just over 10 minutes to 7:40 for tonight's 400m time trial, I'm coming for you Mr G!

**DB** I can now see the areas for improvement and how swimwerkx methodology is just logical and effective, it's a great transition on from total immersion, that was elegant and slow, this is elegant and fast!

**GB** Paul's coaching and introduction to the Norwegian training method of swimming together with his fantastic eye for detail in the water has now seen me drop under 5 minutes for 400m. That's 30s improvement in 9 weeks. Looking forward to the next 1500 lake swim!

**LV** I finished! Had a great swim (and enjoyed the bike but the run was painful - all in all it went well though). A MASSIVE thank you to Paul Gardner and I'm telling everyone how brilliant you are!

**DH** I had 30 minutes with Paul the day before the Abu Dhabi middle distance race, I ignored his advice on last minute technique changes and did them anyway ... 7 mins off my PB! Get in.

**JP** Just a message of huge thanks, I went away and worked on the technique you taught me. I have found that I'm able to swim 1600m sets comprising different distances and recovery times, beginning to feel like a swimmer!

**EH** Glad tonight went well in his first open water swim, thanks to you he was literally beaming when he came home!

**HC** I've gone from over-gliding, and no rotation into a swimmer my wife doesn't recognise, I'm even beating her regularly these days, please don't coach her!

**VB** Paul Gardner this is especially for you - I did 200m swim in 3.53 tonight, first time in 5 years I'm under the 4 min mark. Thanks for all the coaching and encouragement!!!

**AL & BT** Just one word, Amazing! (even if that's 4)

**MC** Yes great session. Thank you Paul Gardner. Will try and remember all the tips!! Great to see a good crowd there.

**RV** Good pool swim session this morning getting a PB by over 1 minute on 1500m! Thanks Paul, high elbow, short entry, rotating the hip and relaxed. Felt Gooooood!

**KP** George smashed his 50 PB at the weekend qualifying for the regionals, thank you so much for the adjustments you made to his stroke, his coach is wondering where he got the extra speed from, it'll be our little secret! See you at the club

**CL** Well thank you Paul Gardner for my introduction into the school of hell over the last 3 days. All training sessions done and correct and feeling thoroughly knackered! Roll on tomorrow's 2 sessions, hey?

**RL** Took your advice and started the swim right at the front and then kept well left out of everybody's way, fastest swim yet!

**BCC** Great session in the pool tonight with a great teacher. Maximum respect to Paul for his time and effort. Us old dogs CAN & will learn old tricks (I promise). Thank you!

**ME** Special thanks to Paul Gardner for another top swimming session. Can't thank you enough for your time and expertise

**SW** At last I think I can get around a 70.3 lake swim: nerves managed and proper progress, thanks to Paul for his incisive and calming coaching

What will your comment be?