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**Open Water Swim Coaching**  
**“Reduce your fear of open water”**  
***“Improve your form- Improve your efficiency – Improve your technique and confidence and Improve your performance”***

Individual Swim Coaching (Open Water or swimming Pool)

**Open Water Swim coaching**  
(April to September)

**Swimming pool coaching**  
(January to December)



Most Triathletes & swimmers biggest fear is open water swimming.  
I can help you with every aspect & teach you how to swim more efficiently faster and with more confidence in water.

### **Just a few of the skills I can help you with include**

- Developing a relaxed breathing technique.
- Learn how to swim efficiently around Buoys
- Correct sighting techniques.
- How to swim relaxed & swim in a straight line with less effort.
- Effective drafting behind another swimmer to swim faster & save energy
- Mass Starts Swimming
- Treading water.
- Swim fast in open water with or without a wetsuit.
- Wetsuit on & off technique
- Entering & Exiting the Water
- Race tactics for triathlon & open Water swimming events.

Avoid the mistakes made by inexperienced open water swimmers with my help and advice.  
Overcome your fears with Mark who has been swimming in open water for more than 30 years

### **One to One training – single one hour swim coaching session or 2 people**

#### **Level 1 (Beginners)**

For the person who has never swam before

- (a) New to swimming – Learn the correct technique to set you up for life.
- (b) This is for the person that wants to learn to swim & needs swim correction.
- (c) Anyone who has a fear of water (fast or slow swimmers) or has had a panic attack & needs to re build their confidence.

#### **Level 2 (New to open water)**

For everyone who has never swam in open water before.

- (a) New to swimming or Competitive swimmers need open water swim advice.
- (b) Competent swimmer but never swam in an open water event before
- (c) Anyone who has a fear of open water (fast or slow swimmers) or has had a panic attack & needs to re build their confidence..

#### **Level 3 (Intermediate)**

- (a) For anyone who has swam in open water holiday etc and now wants to take part on an open water swim event or lake triathlon or who has raced in open water and wants further progressive coaching

#### **Level 4 (Single Sport or long time swimmer)**

For the athlete that is fit but finds swimming difficult due to not having correct technique.

Coaching can be provided to improve your swim stroke (pool and open water)

- (a) Correct established swim technique
- (b) Competent swimmer but never swam in an open water event before help or improve so they can achieve their true swim potential.
- (c) I can also provide swim drills to improve incorrect body position stroke and leg kick

## **Level 5 (Advanced)**

For every swimmer who has taken in part in a triathlon or open water swim competition and wants to improve.

- (a) Technique & skills for open water will be provided to give you the advantage. For obvious reasons I do not include my golden nugget tips here I provide them during our coaching session.
- (b) This can also include swimming pool coaching
- (c) Technique - Drills Analysis -Optional Extra - Video analysis (permission from the swimming pool is needed) Full Training Session.
- (d) Learn or improve your swimming & improve your confidence.
- (e) Technique Analysis with advice, drills and a coaching session
- (f) Swim drafting techniques – Mass Starts

## **Training Programmes**

Training programmes to improve your swimming and peak for your competition.

These swimming plans are specially prepared just for you for swimming triathlon or open water competitions.

Your training are based on your past Sporting Background Current Fitness levels Swim technique Time availability to train length of pool you swim in and your aspirations.

## **Swim Pool coaching**

One to One training –Individual Swim Bike Run Nutrition coaching session

- Individual advice Telephone Call Skype or meeting
- Swim Bike Run Analysis & Injury prevention
- Nutrition & Hydration Plan Training/Racing
- Weight loss strategy during training & still achieve optimum performance
- Swim training plans to achieve your ambitions
- Train with Mark – Meeting with Mark – Skype or Call Mark

After our swimming coaching session you will receive a report and personalised swim training sessions

## **Fees on request.**

**Contact me for special prices for multiple or group bookings or Triathlon training programmes, nutrition advice training or time line race day nutrition and hydration strategy.**

## **About Mark**

Mark overcome his fear of water in 6 months and competed in his first open water triathlon. He has successfully coached all ages all abilities to overcome their fears swim better in a pool or lake or swim the English channel (Solo & relay) the length of Britain.

Examples of just some of the people who Mark has helped.

To successfully complete in a triathlon or Ironman event swimming 2.4 miles

Solo and relay English Channel Swimmers

74 years old learn to swim then complete in the Windsor open water swim triathlon.

Single sport specialist including Cyclist & runners who were unable to transfer their good fitness to help them swim.

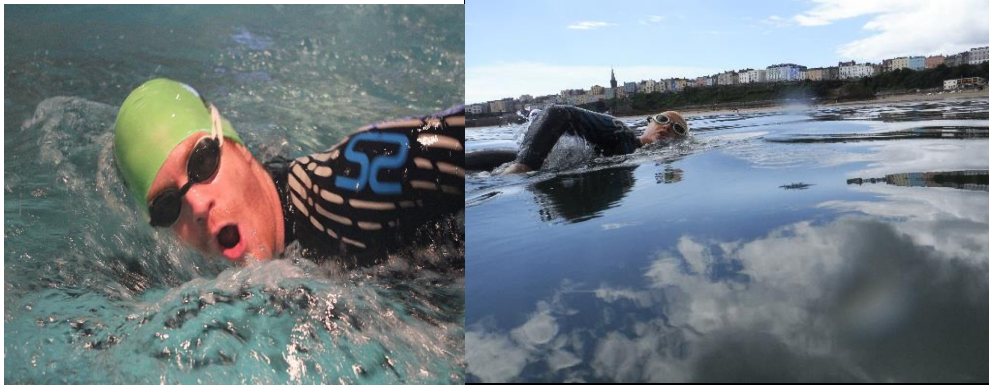
**Mark Kleanthous**  
**31st Season in Triathlon - 465+ Triathlon Finisher**  
**Full time Performance Coach**  
**British Triathlon Coach Level 1 & 2 - Open Water Swim Coaching Skills**  
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**Follow me on Twitter**  
**@ironmatemark**

**Mark successfully coached Sean Conway to be the first & only person to swim the length of Britain 900 miles in 135 days**



**Some of the people that benefited & enjoyed my expert swim advice & coaching**





Warm weather open water swimming weekend or weeks with Mark  
Confidential Swim Coaching at Private Swim location  
Available upon request

**See more of the latest people I have helped**  
<http://www.ironmate.co.uk/node/15924>