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## Fearless Swimming for Triathletes: Improve Your Open Water Skills

By Ingrid Loos Miller

Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Fearless Swimming for Triathletes: Improve Your Open Water Skills, Ingrid Loos Miller, Are you afraid of being pummeled by surf, eaten by sharks and bullied by rip currents? Most triathletes learned to swim in a pool, but they have to race in rivers, lakes and oceans. For many the fear of vast open water, crashing surf and sharks, disorientation, seasickness and anxiety can make the triathlon swim the worst part of the day. This guide addresses those concerns in a progression of skills to take the athlete confidently from pool to lake to river to sea. Ultra endurance swimmers share insights for dealing with fears and medical professionals provide sound safety advice for swimming in dirty water. Readers will also learn about screening for pre-existing medical conditions that have contributed to triathlon swim deaths. Former ocean lifeguard and triathlete coach Ingrid Loos Miller will take you step-by-step from pool to any open water destination by teaching the skills you need to feel more confident in the open water.



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