

## **Total Immersion Effortless Endurance / Smart Speed July 28-29, 2018 Atlanta, GA**

Location: Sheffield Pool, Mercer University, 3001 Mercer University Dr, Atlanta, GA 30341

**Description: Effortless Endurance** Learn the core TI stroke mechanics that have transformed thousands. Effortless Endurance sets the table for efficient swimming by developing proper alignment and balance in the water. This builds a reliable foundation upon which we add core rotation, proper limb orientation/movements, and breathing skills. Our carefully planned learning sequences ensure you'll make near-instant progress. In only one day we guarantee you'll walk out a better, smarter swimmer. As with all of our courses, the coaches are in the water with you providing hands on help and video feedback.

**Description: Smart Speed** Smart Speed refines the mechanics learned on Saturday with clear practice strategies to consolidate the various stroke components into effective whole stroke swimming. Learn to structure your pool sessions and build efficiency-reinforcing focal points into every lap, making every practice an investment in skill acquisition, endurance and speed. We'll dive into the metrics of tempo and stroke length to teach you how to generate and sustain velocity. Smart Speed is the perfect follow up to Effortless Endurance. It is strongly recommended students attend both classes in the same weekend.

**Save on \$95 on when you register for both classes!**

**Tuition:** Effortless Endurance (\$295); Smart Speed (\$295); Full Weekend (\$495)

**Payment type:** Online, credit card or personal check

**Registration:** Link: <http://strokedocswim.com/index.php?page=events>

**Contact:** TI Senior Coach Gary Fahey at: 954-629-7724 / gary@strokedocswim.com

**Schedule:** Subject to minor revision

### Saturday Effortless Endurance

10:00 - 11:00 Classroom  
11:00 - 1:00 Pool Session 1 / Videotape  
1:00 - 2:30 Classroom / Lunch (please bring a lunch) & Video analysis  
2:30 - 4:00 Pool / Videotape  
4:00 - 5:00 Classroom / Video Review

### Sunday Smart Speed

9:00 - 10:00 Classroom  
10:00 - 12:00 Pool Session 1 / Training w Focal Points & Tempo Trainers  
12:00 - 1:30 Classroom / Video Analysis / Lunch  
1:30 - 3:15 Pool Session 2 / Swimming Metrics  
3:15 - 4:00: Classroom / Video Review / Wrap Up

### WHAT TO BRING:

For the classroom: Device for note taking. All video files shot during the class will be uploaded to DropBox and available to view/download. Pack a lunch for Saturday. Lunch will be provided on Sunday unless otherwise indicated. There are drink machines available at the facility but no nearby food options.

For the pool: This is an indoor pool. We recommend that male students wear a Speedo-type brief or close-fitting triathlon swim shorts, rather than loose-fitting swim trunks, which can make balance even more

of a challenge. 'Kicking challenged' swimmers may find fins helpful in achieving easy movement during the first water session. Please have at least one swimsuit, towel, goggles and swim cap (helpful, not mandatory.) If you own a Finis Tempo Trainer, please bring it.

**DIRECTIONS:** For maps/detailed directions please enter the following address into your vehicle's navigation system: 3001 Mercer University Dr, Atlanta, GA 30341. We can also email you a campus map to help you locate the pool.

**ACCOMMODATIONS:** Please contact Gary Fahey at [gary@strokedocswim.com](mailto:gary@strokedocswim.com) for suggestions on hotel accommodation.

**TRANSFER / CANCELLATION POLICY:** If a request to transfer is received 8 days or more prior to the workshop, a \$100.00 transfer fee per person will be applied to a future workshop, and tuition fee will be applied to that workshop. NO REFUND will be issued for cancellations LESS THAN 8 days prior to the scheduled workshop unless a doctor's note can be provided. For cancellations at least 8 days prior to the scheduled workshop, participants have the option of transferring to another workshop (\$100.00 transfer fee) or a 50% refund (\$250). Please contact Gary Fahey directly to discuss details and options.