

Swim at Home™

a how-to guide for triathletes

Welcome to a new world. Welcome to the Endless Pool. If all you know of swim training is the local lap pool, the Endless Pool will change your life. Why? Not simply because it's so easy to use, so convenient, so versatile, that it will revolutionize your training schedule. The Endless Pool turns the drudgery of lap swimming upside down. In an Endless Pool, the focus is on swimming. By yourself, at your pace, concentrating on your needs. No pushy, sloppy lane partners. No compulsory workouts. No speedwork at the cost of proficiency.

The Endless Pool is more than just a swimming machine; it is a personal swim-improvement tool that mimics perfectly the currents and sensations of open-water swimming. You're obviously motivated — you've made it to this level. The Endless Pool will take that motivation and transform it into tangible, long-term results.

You'll never swim the same way again. You'll swim better.

We guarantee it.

1.



Toss the Odometer

For far too many athletes, swim training means yards. Thousands of yards. Thousands and thousands of yards that you slog through, that you endure, just to make your quota. Unfortunately with this mindset, skill often becomes an afterthought to yardage. But swimming badly for mile after mile will just make you a very toned, bad swimmer. Unlike biking or running, an increase in training distance in no way guarantees an increase in speed.

The first thing an Endless Pool owner needs to do is lose this quota mentality. Sure, you can track your distance with our Digital Swim Meter. But why bother? Instead work on swimming well.

2.

Focus

We've got two words for you: slow down. Don't ramp every workout up to warp speed. An Endless Pool is the ideal environment to focus on your stroke without the distractions that come with a public lap pool. So, feel the water. Glide through it, don't fight it. Bring back those drills you learned a million years ago. Make up some new ones. Focus on your stroke – which matters intensely – instead of on yardage – which in the long run doesn't matter at all. In a one-mile ocean swim, the length of your drills won't affect your results nearly as much as the work you put into perfecting your catch.

24 minutes to the pool + 2 minutes parking + 8 minutes (6 minutes?) in locker room... I hope the Manatee isn't in lane 3 this time... Did I really pack shampoo? I think I did but I don't actually remember doing it. Should I stop at the drug-store?... Masters ends at 7:30 so if I skip keep up We need forget drug-milk?... Another



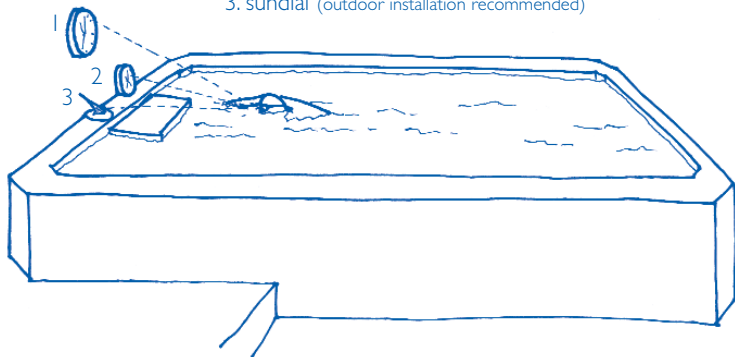
store?... Masters ends at the warmup I can still with my lane... milk! Do not that. Do stores sell Damn! red light...

Set a Pace

As a technique-improvement tool, the Endless Pool is unparalleled. As a conditioning tool it's pretty darn good, too. A favorite workout: set the current to your race pace (actual or ideal; it's your pool) and swim your race. Mount a clock at the front of the pool to help you track your time and practice siting. Again, without distractions you can focus on your swim, and visualize your race step by step. Just try not to get so excited that you swim right out of the pool.

Siting Options:

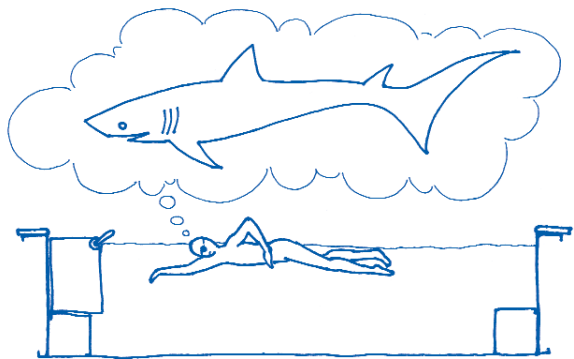
1. wall-mounted clock
2. deck-mounted clock
3. sundial (outdoor installation recommended)



Test Your Speed

While the Endless Pool is great for slow, purposeful swimming, it also kicks some serious butt. The standard Endless Pool has a top speed of 2.8 miles per hour – equal to a 52-minute Ironman pace. Our optional High-Performance Current goes up to 3.3 mph. So unless you plan on swimming Kona in 44 minutes, you'll have more than enough horsepower.

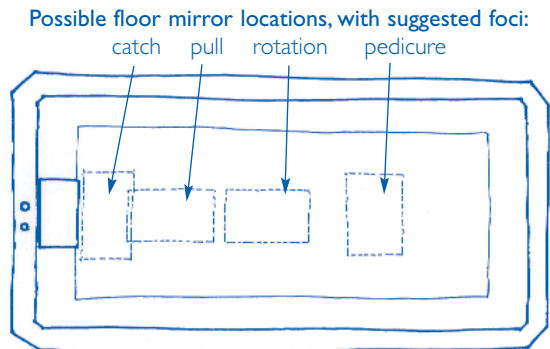
One popular speed workout: crank the pool to maximum speed, however you define “maximum” (i.e., try not to drown). Then swim as long as you can while maintaining control. Once you start to flail or suffer, simply stand up, catch your breath and try again. Try doing that in a traditional lap pool.



Take a Good Look

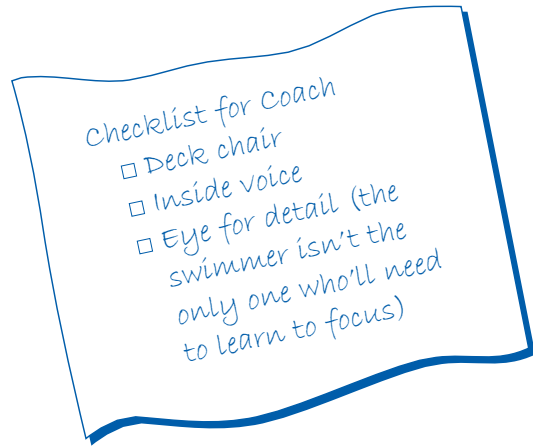
What do dancers, martial artists and gymnasts have in common? They train with a mirror. Such complex, whole-body activity requires constant visual monitoring. Elbow too high? Hips off? These athletes can see and adjust immediately.

Swimmers, whose movements are easily as nuanced and demanding, have never had this tool. Until now. The Endless Pool comes with an angled front mirror ideal for breast-stroke and butterfly, and a 2'x3' floor mirror that can be shifted throughout the pool. Your kick, entry, hip roll... all crystal clear. Your improvement will be immediate. The unparalleled luxury of monitoring one's stroke may be the single most compelling reason for training in an Endless Pool.



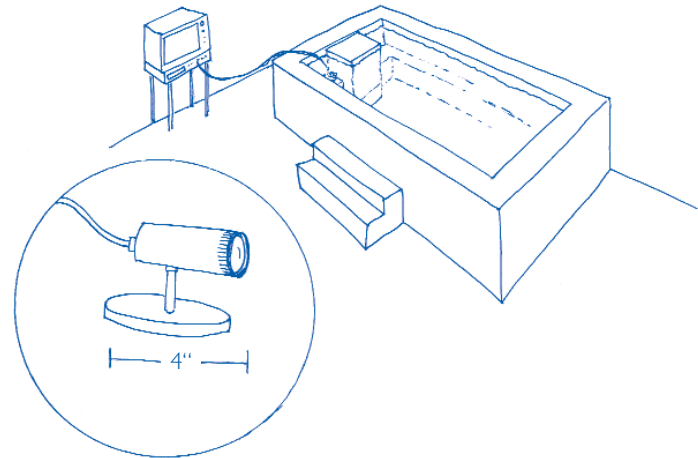
Find a Coach

As phenomenally effective as a mirror can be for self-monitoring, nothing matches the observations of a knowledgeable observer. We have a national network of swim coaches affiliated with Total Immersion™ who would love to help you improve your stroke, particularly if you're working in an Endless Pool. They can give you a dozen different focal points and drills to work on (although not all at once!). No matter how good you are, there's always room for improvement.



Smile for the Camera

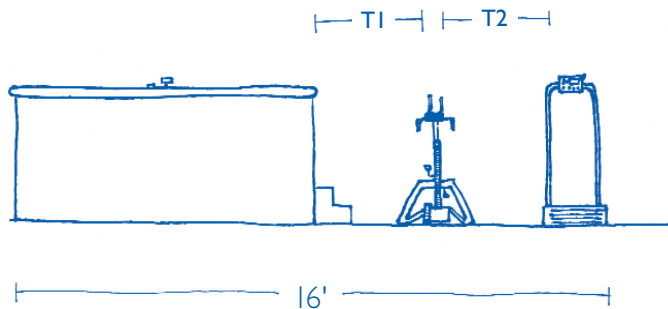
You'll have coaches lining up at your door if you promise them ten minutes with swimming's coolest gadget ever: our under-water color camera. This handy palm-sized device can be moved throughout the pool (we prefer to set it in the corner of one of the two front benches for a full-body shot). When paired with a TV/VCR, it records every element of your stroke. Just for fun, set aside a tape of yourself now so you can gloat in six months at how bad you used to look.



Race in Your Basement

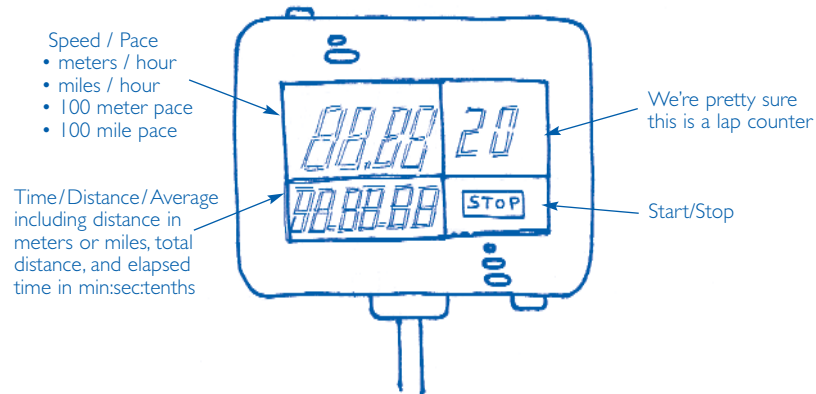
You've got your Endless Pool – that's the big investment. Why stop there? Get your bike up on a stationary trainer, bring in a treadmill and heartrate monitor, and voila, you've got a triathlon on your hands. With good music and a couple of gel packs, you could race every day right at home.

And don't overlook the biggest advantage of this arrangement: transitions. The best place to practice getting out of your wetsuit is next to your Endless Pool, not on the beach come race day. Do you begin the bike with jelly legs? After every Endless Pool workout, hop on your bike trainer for 15 minutes. TI will never be the same again.



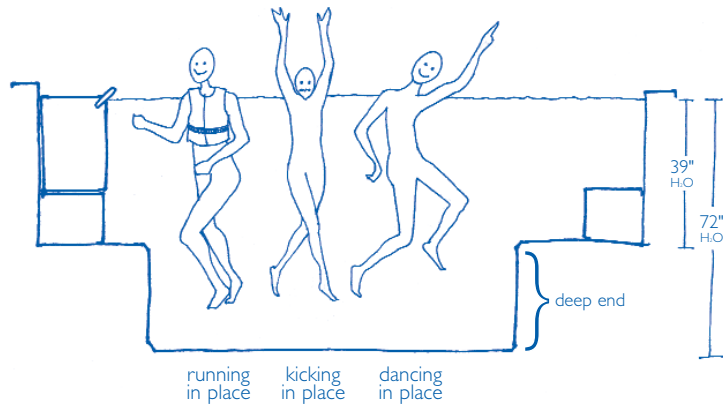
Crunch Some Numbers

For all this emphasis on touchy-feely focus stuff, remember that the Endless Pool also produces the hard data athletes can't live without. Our Digital Swim Meter tracks swim speed, time and distance, in yards and meters. Your current speed will be the same tomorrow as it was yesterday. With a Digital Swim Meter you'll know just how much stronger, smoother – oh, yeah, and faster – you're getting.



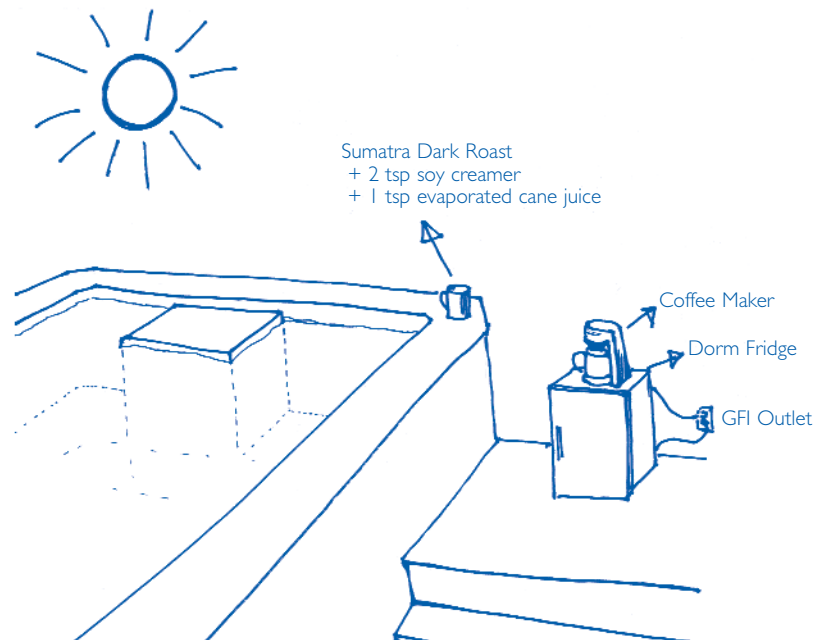
Go Deep

The standard waist-deep Endless Pool is ideal for swimming; with a deep end you can include aqua jogging as well, saving your knees from that daily pounding on the roads, and your body from the chill and danger of winter running. And don't forget the benefits of low-impact recovery workouts – great for flushing out lactic acid – as well as vertical kicking and water aerobics, all of which rock in a deep-end pool. A deep end won't work in every installation site, and it can't always be retrofitted. Check with our Design Representatives for more information.



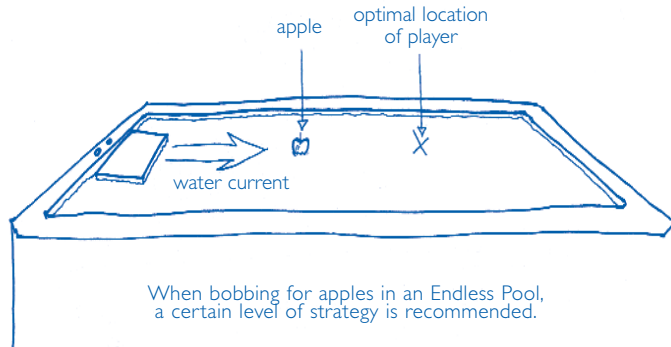
Pour a Cuppa

Okay, this isn't the best reason for buying an Endless Pool, but it's one heck of a bonus. A steaming mug of coffee right at your fingertips makes that morning swim far, far more attractive.

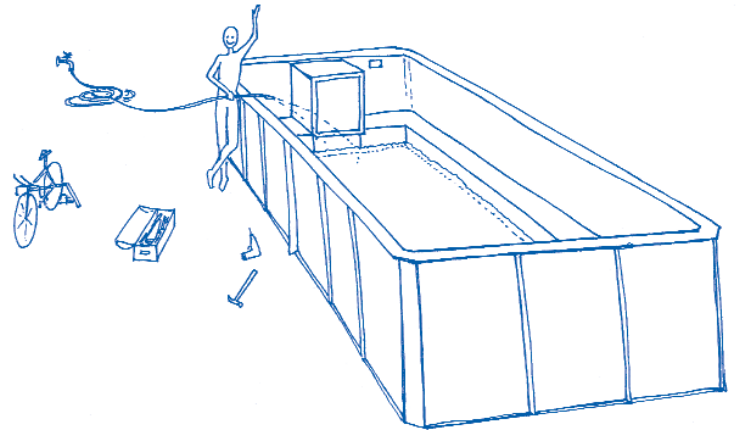


Relax

An Endless Pool isn't just for work, you know. Getting a little burned out? Turn the current down and work on your silly faces – that's one of the reasons you got that mirror. Go skinny dipping (you might want to check the neighbors' sight lines first). Throw a pool party. Bob for apples. Invest in one of those nifty new underwater headphone sets and – get this – swim for fun.

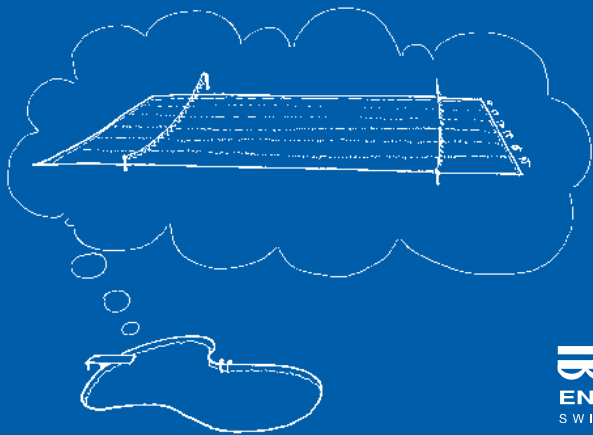


In the past 15 years we've sold over 8000 Endless Pools, and we're proud to be the world's premier personal swim-training machine. Our pool can be installed indoors in any ground-floor room, basement or garage, or outside in a deck or backyard, and can be placed aboveground or partially or fully in ground. The pool comes as a kit, so components fit through doors and down stairs, allowing for construction in virtually any suitable area. While we have a national network of factory-trained installers, many customers enjoy assembling the pool themselves.



And for those of you who already have a pool...

Is your backyard pool long enough to train in? We didn't think so. That's why we've developed the FastLane™, a counter-current swimming machine that transforms almost any pool into a smooth and endless current of water. Employing our patented hydraulic technology, the Fastlane provides a quiet, fully adjustable swim, and installs in minutes. Now you can swim the course in your own backyard!



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