

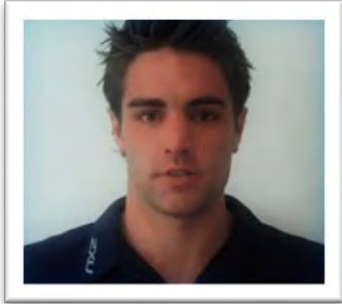


Effortlessswimming Podcast

**The One About Becoming
Triathlon World Champion
[with Russell Smith]**

Podcast 16

The Effortless Swimming Podcast



Welcome to another episode of The [Effortless Swimming podcast](#). Today's guest is Russell Smith who is the current age grouped triathlon world champion in Olympic distance. He is also the Asia Pacific age group champion in Iron Man. Russell has been using the Effortless Swimming work outs as part of his training program, so I want to get him on to talk about his success in triathlon and

also how he is using the [Effortless Swimming Workouts](#).

Welcome to the call Russ.

Thanks Brent.

For listeners that don't know tell us a little bit about your triathlon career.

I have been doing triathlon for about 25 years, well the first one was about 25 years ago but more seriously for about 18 years and predominantly it has always been iron man. Then back three years ago I did the world champs Olympic distance on the Gold Coast and that was sort of the first time that I looked seriously at doing the shorter distance. Then this year, in Auckland I had a great result winning the age group there.

Just talk me through that world champ race last year in Auckland where you won your age group, how did you start out with the swim and how did the rest of the race go?

Well the tactics were to have a good swim and bike. My running is my weakest link and the swim and the bike went perfectly. It just ended up being one of those perfect races and the conditions were quite rough and that always suits the stronger swimmers so I was second out of the water, about ten seconds down on the guy that was first so we had quite a good gap on everyone else which was great. It just kind of set me up for everything else to go right for the rest of the race.

One of my favourite sayings is that you can't win a triathlon in the swim but you can lose it. If you are too far behind the pack then it



is very difficult to catch up on the bike and then the run so coming out second or just behind first obviously set you up pretty well for that bike leg.

That has always been the saying that you can't win the race in the swim but when I looked at the times for everyone else this was a race that was actually won; I won that through the swim. That doesn't happen often but the time that I made up in the swim was what got me through and won the race.

That's awesome. You have been using the Effortless Swimming workouts program, for the listeners that don't know you can join up and get 12 workouts sent to you each month and they are just workouts that you can follow so you can get to the pool and not think too much about what you are going to do for the day. How have you been using the programs into your training program?

Basically before I started doing the sessions I was writing my own programs so I found with the Effortless Swimming that it was just easy to have a structured training program there and then, I don't have to sit down and think about it myself. You end up becoming quite repetitive when your own. We swam three times a week, sometimes four, but generally three times a week and I just found the structure of them really good. I have been really enjoying them actually because I don't have to think about it myself.

For people that are time poor, a lot of tri-athletes work full time and they have to juggle bike training and run training so if you have your workouts that have been set up and you know that they work it is easier just to print them off and head to the pool with them. What is a typical work out look like from the program?

It was always a bit of a shock to see the big warm ups but it just means that where my warm ups used to be a 400m – 600m straight swim and then get into the main session. With Effortless Swimming you have quite a long warm up which is quite good and then you focus on the main program and put most of your effort into that main program which can be anything. Like this morning the main was 2.4km, but anything from the 1800m through to the 3-4km. I really think that my improvement; we used to use paddles a lot and with the Effortless Swimming there is very little paddle work I think that has actually helped my swimming and you are really focusing on catching the water and getting the feel for the



water. The sessions have just been really good in the way that they have been structured for me anyway.

It is a good point about the warm up too, the other day a few friends were doing 100 x 100m's because they are training for



some big distances but I just jumped in and did 40 with them and it was on not much rest so it was pretty much doing a training session without any warm-up. Without much warm-up it is hard to get the muscles going and to have strength there to do feel good

in the main set so by doing some kicks and drills and variable pace work. In the warm up do you find that it sets you up better for the main set to perform better?

Yeah, like when you get into that main set and you are supposed to be working at certain intensities you can actually work at that intensity right from the word go. Quite often if you do say a 400m warm up you are not really warmed up and then you get into your intensity sort of stuff the main sets and the first few can feel quite hard because you are not warmed up properly. I just found that the longer warm up is quite good building into the main set because of it.

That is a mistake that I see a bit and you are a triathlon coach too so you probably it a bit that in a lot of swimming work-outs particularly tri-athletes because they are not sure what to do in the workout they will go to the pool and swim 1500m straight for the session but it is not a good way to go about your swimming. It will get your fitness up a little bit but it is not a smart way to go about your training.

That's exactly right, I see it all the time mostly with tri-athletes that they go to the pool and instead of doing the structured program it is just when they begin they are trying to get to 1km and slowly build it up. So they are swimming say a 2km or 3km straight, yes their fitness is improving but they are not really getting the full benefit of doing a 3km set which is broken with intensity in there and so forth.

Being able to rest, a 3km set might sound like a pretty big main set but when it is broken up into 100m's, 200m's or 400m's you



get that rest in between, your muscles can recover and you can switch on mentally for that next part of the set which I find quite good.

What is next for you in terms of your triathlon competitions?

I have had a bit of a break and I am still having a bit of a break that's the world champs in Auckland. The plan this year and this is only a plan this year is to look at doing the Iron Man Kings and that is in June and then heading to London in October for the world champs again. That's the plan whether that happens or not; I am hoping it is going to happen but it comes down to financial a bit as well. That's what I will be aiming for, the main goal being London the world championships.

Sounds good, that is going to be a massive event. It is the Olympic course from last year. It is the exact same course isn't it?

No it's not the same as... well it's not the same area that they raced the Olympics. The elite guys will be racing on the same circuit but with the age groupers because you have around 3000 aged groupers and you can't throw 3000 people onto a multi lap, like an 8-10 laps on a bike because it just couldn't happen because of the drafting. Generally you will find that the age groupers will have a 2 lap course and also on the run will be two laps where the elite level guys are doing those multi laps; between 6-8 laps on the bike and 3-4 on the run.

That will be good, I hope you will be able to get there because it would be great to see you have another hit out at the world championships. You are a triathlon coach so you are helping athletes from anywhere in the world because you are doing it on line. If people want to get in touch with you or ask you any questions or want some help with triathlon coaching how do they get in touch with you?

The easiest way is online and just through email which is isgobeyondlimits@gmail.com. If you are in New Zealand and you want to call me you can call me on 0421 557 474 I also have the website set up as well which is [GoBeyondLimits](http://GoBeyondLimits.com), if anyone wants to get hold of me definitely do and I can help you out.

I will put those links on the website as well so people can go through online to EffortlessSwimming.com



Thanks again for being on the call and appreciate you sharing part of your training program with the listeners. It has been great working with you over the last couple of months with the workout and I wish you all the best for the competition over the next few months and the next few years.

Thanks Brenton, that's great.

