

Blog

[Tim Don Training Guide](#)



posted by admin at 10:34:32 18.10.2018



[Ironman, Triathlon](#)

Ironman World Record holder, Tim Don shares his top tips on training, race preparation, what to wear and more, in this new Zone3 sponsored guide.

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[Swimming World Biweekly - October 7, 2018](#)



posted by admin at 10:22:48 18.10.2018



[Hall of Fame,](#)

In this issue: Phoebe Bacon's journey to qualifying for her first U.S. junior national team, Katie Ledecky named as USA Swimmer of the Year for a record 5th time, Kathleen Baker's World Record at Nationals, USA Swimming's Board of Directors selection, the effects of Hurricane Florence on the swimmers and divers of UNC, IMSHOF's class of 2018, the newly named Golden Goggle 2018 ...

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[Swimming World Biweekly - September 24, 2018](#)



posted by admin at 10:20:27 18.10.2018



In this issue, Abrahm Devine discusses life as an elite IMer and gay athlete, USAS releases the roster for

2019 World Championships, Tritonwear reveals Swimmer of the Month, Rikako Ikee, meet the new wave of swimmers for the Tokyo 2020 Quad, and water polo family, the Harrisons of Huntington Beach. Plus more news from the wide world of swimming!

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[Swimming World Biweekly - September 7, 2018](#)



posted by admin at 10:17:44 18.10.2018



[Pan Pacs](#)

In this issue read about Madisyn Cox's return to swimming after doping suspension was reduced, a full recap of 2018 Junior Pan Pacific Championships, details about The International Swimming Hall of Fame's renewed contract with the city of Fort Lauderdale, FL, and take a look at the 2018 Men's Water Polo Previews!

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[Anyone can criticise](#)



posted by admin at 19:57:09 15.10.2018



[Expert](#)

How hard can it be to adapt to a different environment if your experience is in the corporate world? View a sketch entitled 'The Expert', written and directed by Lauris Beinerts, which is based on a short story "The Meeting" by Alexey Berezin. And remember, when you pay for professional expertise, make sure you not only listen carefully but all of you can deliver....

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