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## ***Total Immersion Freestyle Swimming Demonstration***

**Total Immersion** Swimming Head Coach, Terry Laughlin demonstrates the TI Freestyle Swimming stroke.

**Uscreen Review - Total Immersion Total Immersion** is a world famous swimming company. Keith Woodburn, Head of Operations at **Total Immersion** speaks highly ...

## ***Terry Laughlin Interview | The Tim Ferriss Show (Podcast)***

This episode is special to me. While I didn't know it at the time, this ended up being Terry Laughlin's final long-form interview.

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## **Barry Shore: How Total Immersion Changed My Life**

Swimmer Barry Shore & TI Coach Fiona Laughlin Filmed & edited by Fiona Laughlin Filmed at Culver City Plunge in Los Angeles ...

**Elements of Effective Swimming** Learn what goes into crafting perfect form in swimming with **Total Immersion** 0:15 - Balanced, Streamlined and Smooth 0:42 ...

**Total Immersion Perpetual Motion Freestyle: Part 1** See highlights from part 1/6 of a lecture given by **Total Immersion's** Head Coach Terry Laughlin about how they developed their ...

**Turn the Total Immersion Way - DVD Introduction Total Immersion** teaches you the most efficient turns and starts in this video by head coach Terry Laughlin Q. What's the fastest ...

**I love Swimming** My morning workout - I'm 40 years old and I swim for fun, good health and good endurance. Right now I'm reading a book called ...

**Tim Ferriss on Total Immersion Swim Technique** Excerpt from a recent TED talk where Tim Ferriss discusses his experience with **Total Immersion** 0:05 - Terry Laughlin Introduces ...

**Terry Laughlin in Finding Comfort Swimming, Total Immersion in an Endless Pool** Terry Laughlin exhibits the **Total Immersion method** of swimming in an Endless Pool. **Total Immersion** (TI) has achieved an ...

**How To Swim in a Crowd - the Total Immersion Way** Watch **Total Immersion** coaches simulate a race environment by swimming in a pack, and learn how to overcome this challenge ...

**Total Immersion Self-Coaching Series: Propulsion** Learn methods for more fluid and streamlined propulsion in swimming. 0:10 - Propulsion 0:38 - Spear Switch 1:20 - Spear and ...

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**Total Immersion Perpetual Motion Freestyle: Part 4** See highlights from part 4/6 of a lecture given by Terry Laughlin about how "Perpetual-Motion" Freestyle works.

**Total Immersion Perpetual Motion Freestyle Part 5** See highlights from part 5/6 of a lecture given by Terry Laughlin about the underswitch, high hip and Zen Switch ...

**Randy's TI Freestyle Demo** After 4 months of self teaching (reading **Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier** and watching ...

**54 yards swim in 34 seconds.** I'm 40 years old and I love swimming :) Right now I'm reading a book called **Total Immersion - The revolutionary Way** to Swim ...

**Total Immersion Self-Coached Workshop (Trailer)** See the 10 lessons taught in **Total Immersion's** Perpetual-Motion Freestyle: Follow this Self-coached workshop at home ...

**Total Immersion Freestyle Ultimate Demo** Live lessons are scheduled (almost) every day! 19:00 (PDT), 2:00 (GMT), 11:00 (JST) <https://zoom.us/j/446976402> Please ...

**Total Immersion Penticton Open Water Camp - 2019** Learn and practice the sequence of TI drills that make you a smarter, smoother and faster swimming in the Open Water.

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