



How to Shoot, Record and Send Video Of Your Swim and/or Run Form for Free Coaching Analysis in 3 Easy Steps

T2Coaching & Endurance Hour





Step 2. Record your activity.

Swimming: Have a friend walk along the pool deck and record you swimming a continuous 150-200 yards/meters non-stop. It's ok if you need to pause at the wall. *Make sure they show your full body.* Click image below to see a video example.



Running: We find running on a treadmill the best for analysis. Try and shoot and record THREE camera angles. Record 60-90 seconds from the side (full body), 60-90 seconds from behind (full body) and 60-90 second from the front (focused on your feet). Click image below to see a video example.





Step 3. Email or Send Your Video Clip with your Smartphone to wendy@t2coaching.com

That's it! After we receive your footage, we'll produce a free video analysis for you within 7-10 (probably sooner). We typically share our coaching videos on our [Endurance Hour Youtube Channel](#) (so be sure to subscribe). If you don't want us to share it, please let us know ahead of time.

Wendy and Dave
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