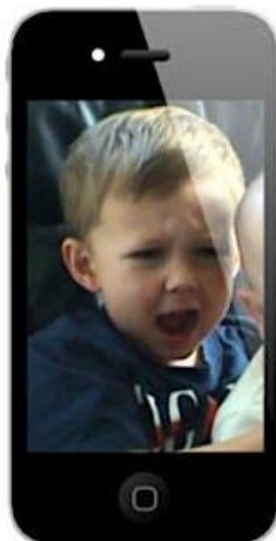




## How to Shoot, Record and Send Video Of Your Swim and/or Run Form for a Free Coaching Analysis in 3 Easy Steps



How To  
Record Video  
On A  
Cellphone Camera



**Step 1.** Turn your phone sideways



## 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](mailto: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*  
*T2Coaching & Endurance Hour*