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Total Immersion

By Terry  
Laughlin

# Total Immersion By Terry Laughlin

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Online Swimming  
Course Total  
Immersion Founder,  
Terry Laughlin's Story  
Total Immersion  
Freestyle Swimming  
Demonstration **Total  
Immersion Perpetual  
Motion Freestyle:**~~

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**Part 1** *Tim Ferriss on  
Total Immersion Swim  
Technique Total  
Immersion Swimming  
Founder Terry  
Laughlin and Master  
Coach Suzanna  
Atkinson Terry  
Laughlin in Finding  
Comfort Swimming,  
Total Immersion in an  
Endless Pool Pace  
Mastery Total  
Immersion Freestyle*

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*Ultimate Demo Terry  
Laughlin Memorial  
Total Immersion  
practice Freestyle -  
Reach Full Extension  
2-Beat Kick and  
Effective Propulsion  
Demo/Analysis Barry  
Shore: How Total  
Immersion Changed  
My Life Freestyle  
Dryland Rehearsal  
Sprint Triathlon  
Training- How to*

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*Swim Faster (Total  
Immersion Swim  
Lesson) 9 Stroke*

*Freestyle Technique*

*Common Freestyle*

*Breathing Mistakes*

Faster Freestyle

Swimming: Part 1.

Hand Placement:

How to properly set  
up the stroke

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Total Immersion open  
water *Freestyle*

*Dryland Rehearsal -*

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~~Advanced Skills -~~

~~Preview Total~~

~~Immersion Perpetual~~

~~Motion Freestyle: Part~~

~~4 Ann - Total~~

~~Immersion Effortless~~

~~Endurance Workshop~~

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~~Total Immersion Self-~~

~~Coaching Series:~~

~~Propulsion~~

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Total Immersion

Freestyle Swimming

Demo The Most

Graceful Freestyle

Swimming by Shinji

Takeuchi Total

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~~By Terry~~ By Terry  
Laughlin

In 1989, Terry founded Total Immersion and turned his focus from working with young, accomplished swimmers to adults with little experience or skill. Terry and a small group of pioneering coaches began to teach a

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'fishlike' style of swimming that emphasized 'slippery' bodylines instead of muscling the water with arms and legs.

~~About Terry Laughlin—  
Total Immersion~~  
Terry Laughlin is the founder of Total Immersion Swimming ([www.totalimmersion.com](http://www.totalimmersion.com)).

# Download Free Total Immersion

By Terry Laughlin  
net). He teaches  
swimming all over the  
world and lives in  
New Paltz, New York.

~~Total Immersion: The  
Revolutionary Way To  
Swim Better ...~~

Featured Events.

From 12.21.2020.

SPECIAL - TI One-

Day OR Half-Day

Freestyle Workshop:

New Paltz, NY ; From

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12.26.2020.

HOLIDAY SPECIAL -  
TI One-Day Freestyle  
Workshop: New Paltz,  
NY

~~The World's Top  
Swim Training Videos  
| Total Immersion ...  
Terry Laughlin,  
Founder of Total  
Immersion, Passes  
Away at 66 Terry  
Laughlin, who created~~

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the technique-focused swim training system known as “Total Immersion,” passed away Friday, Oct. 20, after...

~~Terry Laughlin,  
Founder of Total  
Immersion, Passes  
Away at 66~~

Total Immersion (TI)  
is a method of  
swimming instruction,

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developed by Terry Laughlin, an American swimming coach. Its primary focus is to teach swimmers to move through the water efficiently. By conserving energy and focusing on balance and streamlining in the water, any energy used for propulsion

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By Terry Laughlin  
Becomes much more  
effective.

~~Total Immersion—  
Wikipedia~~

Terry Laughlin,  
Founder of Total  
Immersion, Passes  
Away at 66 Terry  
Laughlin, who created  
the technique-focused  
swim training system  
known as “Total  
Immersion,” passed

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away Friday, Oct. 20,  
after complications  
with prostate cancer.  
Laughlin was 66  
years old. Laughlin is  
survived by his wife,  
Alice, and daughters  
Fiona, Carrie and  
Betsy.

~~A Tribute to Terry  
Laughlin | Total  
Immersion Total  
Immersion~~

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

~~Total Immersion  
Freestyle Swimming  
Demonstration  
YouTube~~

Mr. Laughlin collected  
his ideas in "Total  
Immersion: The

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Revolutionary Way to Swim Better, Faster and Easier," a book, published in 1996 by Simon & Schuster, that went on to sell more than ...

~~Terry Laughlin, Who Taught Swimmers Not to Struggle, Dies ...~~

A version of this article by Terry Laughlin was

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previously published  
on [ivillage.com](http://ivillage.com) in  
Dec. 2011. Total  
Immersion teaches  
swimming as a  
practice—in the spirit  
of yoga and Tai Chi—  
rather than a workout.  
The first principle of ...  
February 21st, 2020  
Total Immersion.

~~Total Immersion |~~  
~~Total Immersion Total~~

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~~Immersion | Total ...~~

Terrence James

Laughlin (25 March

1951 – 20 October

2017), was an

American swimming

coach and founder of

Total Immersion, a

popular swimming

technique that

emphasizes form

before speed. He also

became a best-selling

author and the

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By Terry Laughlin  
producer of swimming  
videos that drew  
millions of views.

~~Terry Laughlin~~  
~~Wikipedia~~

This is the best book  
you can buy on  
swimming. Period. In  
fact, most triathlon  
training books refer  
the reader to Terry  
Laughlins Total  
Immersion (TI)

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By Terry Laughlin  
program, which is explained most clearly in this book. (Don't buy the out-dated book entitled "Total Immersion.")

~~Triathlon Swimming  
Made Easy: The Total  
Immersion Way for ...~~  
With the founding of  
Total Immersion in  
1989, Alice combined  
her love of education

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and marketing with Terry's love of swimming and coaching. Terry's focus was the development of the WHOLE person, and what is learned from "swimming this practice, this performance, and this race."

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Immersion

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique

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By Terry Laughlin  
approach even easier  
for anyone to master.

~~Total Immersion: The  
Revolutionary Way to  
Swim Better ...~~

Terry Laughlin, the  
world's #1 authority  
on swimming  
success, has made  
his unique approach  
even easier for  
anyone to master.

Whether you're an

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By Tompkins  
Laughlin

accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer.

~~Amazon.com: Total Immersion: The~~

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~~Revolutionary Way To  
Swim ...~~

Flow is Total  
Immersion at many  
levels. Helping the  
physical, emotional  
and mental states  
through the sense of  
evolution and  
revolution in the  
water. Looking  
forward to  
experiencing more  
and more in many

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crossings, adventures  
and practice lengths.  
Thankyou Terry

~~Total Immersion: A  
Revolutionary Way to  
Swim Better and ...~~

Total Immersion's  
Perpetual Motion  
Freestyle is designed  
to help you swim  
longer with more ease  
and enjoyment, and to  
allow for the easiest

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transition from pool swimming to open water. There is no more efficient - or satisfying - way to swim freestyle!

~~Amazon.com: Total Immersion Swimming: Perpetual Motion ...~~

Terry Laughlin presents "Easy Freestyle" to all levels of swimmers in this

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DVD. Part of the Total Immersion system, this DVD is broken down into eight lessons that are relatively easy to grasp if you have any experience in the water, though unlearning past habits can be more difficult than merely watching the DVD and intellectually grasping

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the material.

## Laughlin

~~Amazon.com: Easy  
Freestyle Swimming:  
21st Century ...~~

Learn methods for  
more fluid and  
streamlined  
propulsion in  
swimming. 0:10 -  
Propulsion 0:38 -  
Spear Switch 1:20 -  
Spear and Strokes  
1:38 - Swing Switches

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2:1...Terry  
Laughlin

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