

Message dated 15th November 2005

Hi Paul,

I trust your travels are going well and that you are getting the "Swim Smooth" story out there to the masses.

I have a swim smooth story for you. Although I got your DVD and schedule about a year ago, I had never actually worked through the 24 session program (so a combination of reasons). I had done specific sessions from the program or had started the program and not got fully through it. But this spring I decided to test your program. I set aside nine weeks (there were a couple of weeks where I only did two sessions) and followed the program exactly.

I did the Novice program since I was just coming back from a major lay-off due to illness, but I had built up a swimming base before I started your program. I did 7:26 for the 400m TT in session #1, which for me was a good performance. So I had set a good benchmark to try and beat.

Anyway, I did the final TT test last night. I felt crappy at the start of the session (tired and unsmooth in the water). I almost didn't start the TT because I felt so bad, but thought "what the heck" I can repeat the TT again next week if I fail during the TT. Anyway off I went and my time: 7:04!!! That's a 5% improvement in 9 weeks. I was stoked. I am sure if I went into the session fresh, I would have gone under 7 minutes. I know these times aren't great, but for me this is very fast.

And the real highlight, after I finished the TT the very attractive young female in the lane next to me said: "you look fast in the water".... And that ego boost was worth much more than my time improvement!

Cheers, Rob

Rob Newman
Investment Director – IIF, Foundation Capital