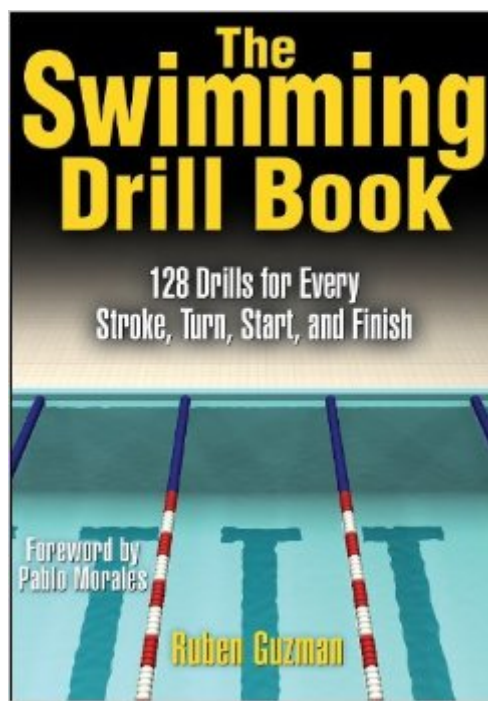


The book was found

The Swimming Drill Book



Synopsis

Improve your times by improving your technique! Whether you are a competitive swimmer, coach, triathlete, or dedicated fitness enthusiast, The Swimming Drill Book will propel you to better results by maximizing efficiency in the water. With 128 highly effective drills, expert instruction, and more than 375 detailed illustrations, you can use this comprehensive resource to improve every facet of your swimming. Establish a greater sense of balance and position in the water; maintain perfect form for the freestyle, backstroke, breaststroke, and butterfly; and master the techniques for starts, turns, and finishes. Use the drills individually or create a personalized program based on your goals and fitness level. Either way, the tools you need are within your grasp. Dive into The Swimming Drill Book and see fast results! v

Book Information

Paperback: 296 pages

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Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (16 customer reviews)

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Customer Reviews

The Swimming Drill BookThis book is well written and illustrated. There are easy to practise drills wich state 1) the purpose of the drill, 2) the procedure to follow and 3) the focus points to concentrate on to achieve body position. The author has covered the four swimming strokes, the starts, turns and finishes in an easy to cognitively assimilate style of writing. Overall if you wish to improve your swimming strokes the practise drills in this book will aid your endeavours, all you need is to practise, practise and then practise.

Shows good drills, but nothing spectacular, Most Coaches with experiance will know all of them in

the book. It is written more to the swimmer than the coach, which gets annoying after a while. The drills tend to be more geared to people just learning to swim competitively than the more nit picking fixes for strokes that I was looking for. However for my JR. Team, I have been using the book and my assistant that tends to coach them and has just started coaching has used it So For beginners, its fine, but if you are looking for more advanced drills, look elsewhere

This book is quite good for a review of the majority of strokes - great help to coaches and swimmers. It covers about 90% of all the drills I have ever seen in my swimming lifetime.

This book is what it says it is. It's a complete drill book; and it covers many aspects of each exercise, images included. But I knew many drills that weren't included in this version, and I wonder which other exercises may I be missing. This is a good book, but could be better.

THIS IS A GREAT BOOK TO ASSIST THE BEGINNER TO ADVANCED SWIMMER. FANTASTIC FOR THE SWIM TEAM STUDENT TRYING TO IMPROVE STROKE PERFORMANCE.

This book is useful even for people who have learned to swim as adults and occasionally need to be reminded of a few things. It takes nothing to get back into one's old habits, but having this book is a safe way of remembering how one should do it. Clear and effective illustrations make it easy to read.

The Swimming Drill Book is very well illustrated and clearly explains how to get the best out of each swimming drill. It covers all four basic swimming strokes as well as starts and turns and the diagrams help to make each drill clear. There is nothing revolutionary in this book but it covers enough for the average basic swimmer to be able to fine-tune their swimming strokes in a clear and concise way. Recommended to anyone wanting to improve their swimming technique.

this is a helpful book for those wanting to swim competitive!! I recommend this book highly please read this book

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