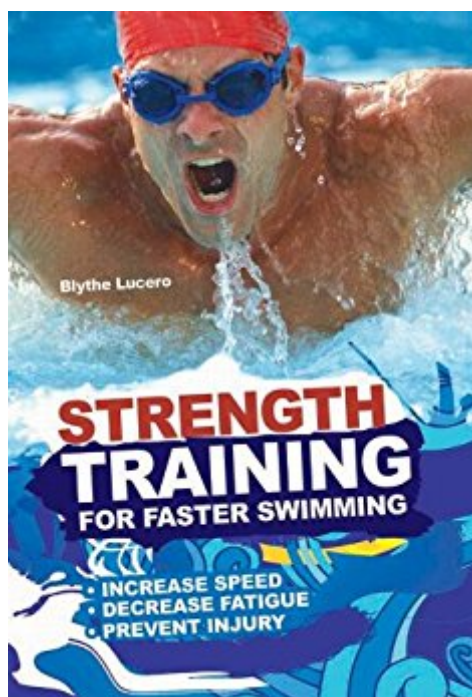


The book was found

Strength Training For Faster Swimming



Synopsis

In order to enhance your performance, swimming alone is not enough. An effective strength training is crucial if you want to improve your swimming times. Strength Training for Faster Swimming shows you what types of strength training benefit swimming and how to develop a winning routine. It includes swim-specific strength-training and lots of sample workouts.

Book Information

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Outdoors > Water Sports > Swimming

Customer Reviews

I bought this book because I was interested in learning more about swimming, strokes and techniques, and training. I am a retired senior with no previous experience or training as a competitive swimmer. That pretty much means that I have no coach to guide and assist me, and keep me from over-training and injuring myself. I am not particularly interested in competition, but I still wanted to be a better athlete, and improve my health. I found the exercises in the book informative and focused on the different aspects of enhancing my swimming skill level, and my ability to function at my peak of conditioning. With this book and another, I was able to plan a series of training programs for a 1-2 hour workout on a daily or alternating days that fulfilled my needs to exercise to tolerance and ability, increase my stamina and endurance, and control health issues I

have developed in later life. Overall, I recommend this book as a guide for the senior desiring to maintain their physical abilities or even to increase their physical stamina.

Doesn't lay out a dry land program. Merely rehashes exercises that can be found in any article on the subject. Save your money.

It is very good book helping to improve your swimming skills. Is there anything else one should add? In my opinion no.

Waste of money

as advertised

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Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) SWIMMING: The Ultimate Guide to Mastering the Four Major Swimming Strokes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less Youth Strength Training: Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover]

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