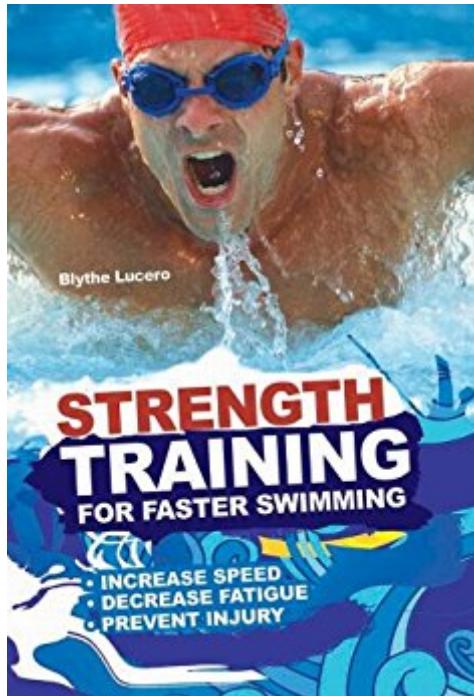


The book was found

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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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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