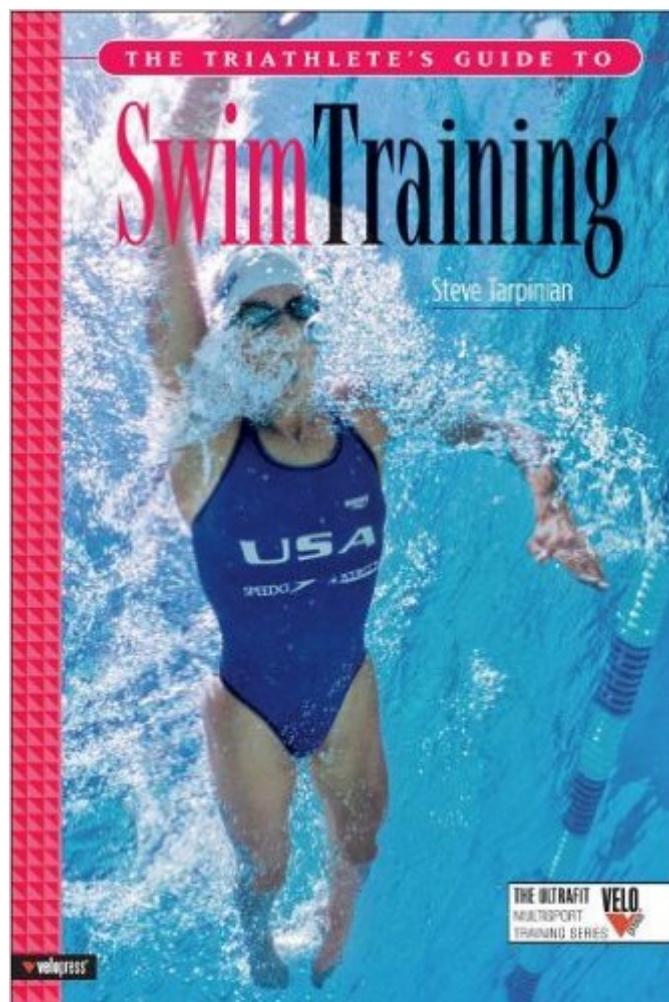


The book was found

The Triathlete's Guide To Swim Training (Ultrafit Multisport Training Series)



Synopsis

Written for all skill levels of multisport athletes, this book helps swimmers create individualized training programs for better stroke technique, maximum enjoyment, and improved performance. Different training programs cover fitness and competition, strength and flexibility, and open water swimming. All of the principles are grounded in easy-to-understand physics. Additionally, the book discusses effective equipment use, the importance of making swimming fun and satisfying, and delves into the psychological factors involved in competing.

Book Information

Series: Ultrafit Multisport Training Series

Paperback: 171 pages

Publisher: VeloPress (February 10, 2005)

Language: English

ISBN-10: 1931382573

ISBN-13: 978-1931382571

Product Dimensions: 6.1 x 0.5 x 9.2 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 starsÂ See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,361,985 in Books (See Top 100 in Books) #109 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #219 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #320 inÂ Books > Sports & Outdoors > Individual Sports > Triathlon

Customer Reviews

My experience using this book has been extremely beneficial. Being a busy executive I found many books on the topic quite unrealistic in their expectations regarding time and devotion to the cause. The carefully shortlisted 10 drills are spot on and have helped improving my style - the training schedule (based on 3 sessions a week) is also well designed. Only frustration so far - the requirement of being able to swim 100m in less than 1min20sec to be "allowed" to move one to set of more advanced drills (e.g. sculling) - I am still struggling to get there. Finally the section on gears is quite helpful and help in selecting the right hand paddles for instance. Only room for improvement perhaps is the absence of comment on the finis waist belt (useful to improve hips rotation and therefore reach). The section on stretching should flag more clearly the need to hold for longer (as opposed to using short burst which can be quite damaging to the shoulder). Some drills also have a tendency to further apply pressure on the shoulders (thumb scrapping and finger tip drag) - these

should be modified accordingly in my humble opinion.

The book is wordy and needed a good editor. There is way too much background. The author is obviously knowledgeable and his advice seems worthwhile, but his explanations are a bit obtuse.

This is a really first-rate guide to swimming for all athletes, but for triathletes in particular. Good information, well written and augmented with training plans.

Excellent video. Well constructed set of drills and technique training to help you learn and/or improve your stroke mechanics. Great whether learning or looking to improve.

[Download to continue reading...](#)

The Triathlete's Guide to Swim Training (Ultrafit Multisport Training Series) Going Long: Training for Triathlon's Ultimate Challenge (Ultrafit Multisport Training Series) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Training Plans for Multisport Athletes: Your Essential Guide to Triathlon, Duathlon, Xterra, Ironman & Endurance Racing The Triathlete's Training Bible: The World's Most Comprehensive Triathlon Training Guide, 4th Ed. Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy house training, house ... training, puppy training guide, dog tricks) Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking,

Retrieving, Biting) The Triathlete's Training Bible The Triathlete's Training Diary: Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed. Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Championship Swim Training PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training)

[Dmca](#)