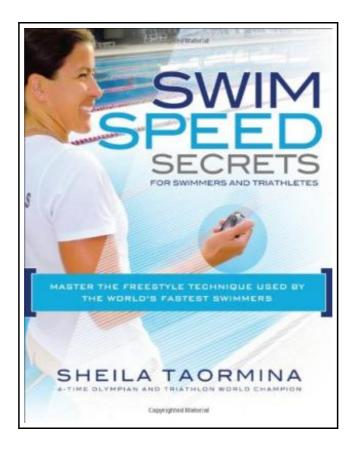
Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers



Filesize: 2.93 MB

Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.

(Nakia Toy Jr.)

SWIM SPEED SECRETS FOR SWIMMERS AND TRIATHLETES: MASTER THE FREESTYLE TECHNIQUE USED BY THE WORLDS FASTEST SWIMMERS



VeloPress. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.1in. x 7.1in. x 0.6in.ln Swim Speed Secrets, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the worlds fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the worlds best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the worlds fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. Swim Speed Secrets focuses on producing powerthe most crucial element of swimmingto help triathletes and swimmers overhaul their swim stroke and find the speed thats been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. Swim Speed Secretsincludes: The best drills to cultivate a more sensitive feel for the waterDryland and strength building exercises to develop arm position and upper body musculatureCrisp photos of Olympic swimmers and variations in their high-elbow underwater pullClear descriptions of the key moments of the underwater pullTips that helped her perform at a world-class level for two decadesSheila Taorminas Swim Speed Secrets, brings the focus back where it belongsto a powerful underwater stroke. With this book, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

Read Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers Online

Download PDF Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers

Relevant PDFs



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

Read Book »



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

Read Book »



DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

Read Book »



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. \times 6.0in. \times 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Book »



The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

Read Book »



Get Up and Go

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in.We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body

Save Document »



The Stories Julian Tells A Stepping Stone BookTM

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in. Julian is a quick fibber and a wishful thinker. And he is great at

Save Document »



Coronation Mass, K. 317 Vocal Score Latin Edition

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 9.6in. x 6.7in. x 0.1in.Otto Taubmanns classic vocal score of Mozarts Coronation Mass was first issued in the early 20th century and has become

Save Document »



Early National City CA Images of America

Arcadia Publishing. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.1in. x 6.4in. x 0.4in.Below the surface of bustling National City lies the story of olive and citrus orchards, grand Victorian homes, great wealth, and

Save Document »



Magnificat in D Major, Bwv 243 Study Score Latin Edition

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 70 pages. Dimensions: 9.8in. x 7.2in. x 0.3in.Bach composed the first version of this piece in 1723 using the key of E-flat major for the Christmas Vespers

Save Document »