

Advanced Workouts for Master Swimmers (Paperback)



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Reviews

I just started out looking at this ebook. This can be for those who statte there had not been a worthy of reading through. You can expect to like the way the blogger publish this ebook.
(Dr. Freddie Greenholt Jr.)

ADVANCED WORKOUTS FOR MASTER SWIMMERS (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is volume four of the series entitled Condor for Swimmers. While the first volume Swimming Workouts for Master Swimmers offers the master athlete a basic collection of workouts with some technical and planning tips, this volume is a detailed series of workouts arranged in a microcycle-mesocycle sequence. Thus, it can be used in preparation for a meet or in annual and quarterly planning for the team. The author strongly recommends that this book be used in conjunction with vol. 2 Advanced Swimming and vol. 3 Coach s Compendium of the Condor for Swimmers series. Athletes are also encouraged to purchase vol. 5, My Training Log and trace, date, and plan their progress.



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