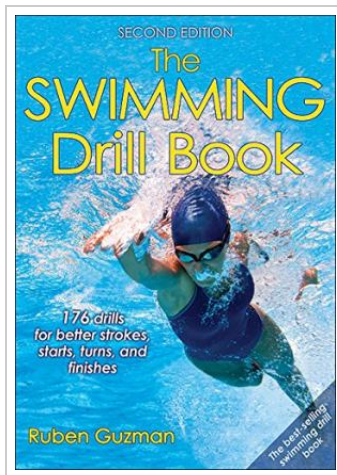




The Swimming Drill Book (Paperback)

By Ruben Guzman

Human Kinetics Publishers, United States, 2017. Paperback. Condition: New. 2nd edition. Language: English . Brand New Book. Technique is critical in swimming performance. In the pool or open water, coaches and athletes alike know that efficiency in entering the water and in moving through it equates to milliseconds of improvement--milliseconds that make all the difference in a competition. That's where The Swimming Drill Book continues to deliver. The first edition quickly became the best-selling drill book in the sport. Now, this second edition ups the ante with more drills, new variations, and expanded coverage to help every swimmer. Inside, you'll find more than 175 drills for refining strokes, correcting faults, and improving your feel for the water. In addition to mastering all four competitive strokes--freestyle, backstroke, breaststroke, and butterfly--you'll learn the essentials of body position, sculling, starts, turns, and finishes. You'll even find all-new coverage of open-water drills and strength band workouts to be performed poolside. See for yourself why The Swimming Drill Book is on the shelf of every serious swimmer and coach. It delivers every stroke, every skill, and everything you need for swimming success.



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