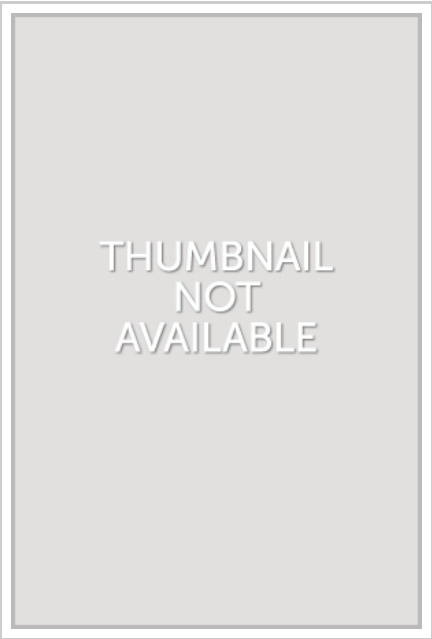


DOWNLOAD

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

By Sheila Taormina

VeloPress. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.1in. x 7.1in. x 0.6in.In 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...

Reviews

This written book is fantastic. This can be for those who statte that there had not been a well worth reading. Your life period will probably be transform when you comprehensive reading this article ebook.

-- ***Chanelle Roob***

The best publication i ever study. It is really basic but unexpected situations within the fifty percent of your publication. Your lifestyle period is going to be enhance as soon as you total reading this article publication.

-- ***Ashton Kassulke***