

The Swimming Drill Book

The Swimming Drill Book
The Pose Method of Triathlon Techniques
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The Swimming Drill Book

Transform your technique and become a better swimmer with this remarkable new approach to freestyle swimming. Written for both fitness and competitive swimmers, *Swim Smooth* contains the latest breakthroughs in swimming to help you radically improve your speed, enjoyment, and success. Hundreds of full-color photographs and three-dimensional graphics help you put theory into practice.

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while detailed advice offers help for intermediate, advanced, and elite swimmers alike. The book's approach lets you identify the strengths and weaknesses of your stroke and drills and training tips let you make the most of your time in the water. Swim Efficiently. Swim Fast. Swim Smooth.

The Pose Method of Triathlon Techniques

Ever noticed how technical swimming has become? There are so many fine points to all four strokes. You really need to break the stroke and its components down and work on them separately, and then put the stroke back together. In the process of doing this, you begin to understand much more about the stroke and about yourself. One of the best ways to refine your stroke, find efficiency in the water, and translate that to faster swimming, is to regularly build swim drills into your swim practices. In this eBook, you will find 125 drills covering freestyle, backstroke, breaststroke, butterfly, and even sculling. Each drill has a title, a purpose, and a thorough description of the drill, along with key points to focus on when doing the drill. Not only will practicing drills help your stroke, your efficiency, and eventually your speed, drill work will also help liven up your practices, making them much more interesting and challenging. Doing so under the guidance of a coach and support of a team is even better, so find yourself a team. You won't regret it. If you are a masters swimmer, check out www.usms.org to find more information on US Masters Swimming, locate a team near you, and see everything this great sport has to offer. Dive right in. I hope you enjoy this eBook and that your swimming skills grow by leaps and bounds. Happy swimming!

Baseball Skills and Drills

Swimming coach Ruben Guzman offers this tool kit for developing effective stroke technique that features 91 drills covering all strokes, as well as turns and finishes for each stroke. 9 photos, 218 illustrations.

Swimming Made Easy

See how to achieve stronger starts, more explosive turns, and faster times! *Swimming Anatomy* will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. *Swimming Anatomy* includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. *Swimming Anatomy* goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, *Swimming Anatomy* will ensure you enter the water prepared to achieve every performance goal.

Swimming Drills for Every Stroke

The two-time United States men's Olympic swimming coach details the basics of swimming, the movements of the crawl, backstroke, breast stroke, and butterfly, and programs for in-water and dry-land training

Summer House with Swimming Pool

What do leaders and executives do to keep improving their performances and maintain momentum? They go back to the basics. Fundamentals are the glue - communicating, listening, questioning, inspiring followers, being accountable, and delegating. These essentials are the change agents for leaders with a desire to succeed. In *Leadership Skills That Inspire Incredible Results* Halstead gives readers the same advice, guidance, and techniques he offers his clients. He outlines the skills needed to be an effective leader and provides techniques augmented by real-world examples from companies that include Spotify, Clif Bar & Company, Honeywell, and Eileen Fisher. Learn how to: Hone others' critical thinking through insightful powerful questions Inspire followers Fearlessly delegate with mindful purpose Create a culture of accountability Readers will see how the development of these skills demonstrates respect for others that will inspire them to tackle goals and produce results previously thought impossible. It shows professionals at all levels how to improve these skills to create greater success for them, their team, and their entire organization.

Swim Better, Swim Faster

Total Immersion Drill Cards

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary land-and-water program for achieving a strong and supple body at any age

Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

The Swimmer's Workout Handbook

Featuring 131 swimming drills, this book aims to improve buoyancy, body position, breathing, kicking,

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and sculling. Each drill explains purpose, description, focus points and modifications, accompanied by illustrations that show proper technique and position.

The Essential Swimmer

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters. *Swim Speed Strokes* goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve

on your best one, Swim Speed Strokes will show you how to become the strongest swimmer you can be.

Leadership Skills That Inspire Incredible Results

To swim better, we have to swim more efficiently. While good technique is the foundation of efficient swimming, it is difficult to achieve by simply swimming lap after lap. Ongoing stroke problems leave many people feeling unrewarded. Therefore, swimming drills are a fundamental and ongoing element of practice at all levels of the sport. Following the successful book 100 Best Swimming Drills, swimming coach Blythe Lucero has compiled another collection of the most effective swimming drills in 100 More Swimming Drills. The purpose of each drill is clearly defined so a swimmer can focus on a specific goal while practicing. Each drill is explained step by step. Drill Feedback Charts are included to help swimmers identify problems and make modifications. Underwater and surface photographs give swimmers optimal images to emulate as they practice. 100 More Swimming Drills is an excellent resource for coaches and swimmers at any level in the quest for better swimming.

Challenge Workouts for Advanced Swimmers

In Swim Speed Secrets, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's 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 world's best swimmers using underwater photographs and video

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analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed that's 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 Secrets* includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's *Swim Speed Secrets* brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

Swimming Studies

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

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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.

The Swimming Drill Book

In *Swim Speed Workouts*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina provides the essential swimming instruction, workouts, drills, and training plan to build all-new levels of freestyle swimming speed. *Swim Speed Workouts* applies the principles of Taormina's influential swim technique book *Swim Speed Secrets* so swimmers and triathletes can get in the pool and get fast. Drawing from her 30-year racing and coaching career, Taormina's *Swim Speed* program is carefully designed to build freestyle swim speed one crucial step at a time. Over 16 weeks, swimmers and triathletes will swim high-impact workouts to build whole-body swimming fitness. Each waterproof swim workout card incorporates the Olympic swimming drills, kick sets, and drylands that develop speed in the world's fastest swimmers. Swimmers will refine their freestyle with the most effective hand entry, high-elbow catch, underwater pull, core drive, and propulsive kick. *Swim Speed Secrets* revealed the freestyle technique used by the world's fastest swimmers. Now *Swim Speed Workouts* unlocks those secrets to swimming performance, building up swimmers and triathletes to breakthrough swim

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speed. Also available from VeloPress, download the first week of workouts and see video demos of the program's swimming drills.

Phantom Limbs

Triathletes who hope to improve their swimming too often mix and match workouts or workout segments with no particular goal. The workouts in this set provide a handy, compact, inspiring -- and waterproof -- program. Written by an elite-level triathlon and cycling coach, and a former U.S. National Team swimming coach, the book comprises seven workout categories: Anaerobic Endurance Speed, Anaerobic Endurance Form, Force Speed, Force Form, Muscular Endurance Speed, Muscular Endurance Form, and Muscular Endurance Distance. The variety of workouts included and their ease of use keep the process engaging and allow users to more easily achieve elusive swimming goals. Workouts in a Binder can easily be used in conjunction with triathlon training manuals such as Training Plans for Multisport Athletes or The Triathlete's Training Bible, or as stand-alone workouts for swimmers. Illustrated throughout, a bound set of waterproof workout cards for triathletes at all levels is also included.

The Complete Book of Swimming

Tom Danielson's Core Advantage

Triathlon Swimming Foundations

Top college baseball coaches offer drills for players at all levels. Focuses on hitting, baserunning, fielding, pitching, and catching.

Swim Speed Strokes for Swimmers and Triathletes

Of all three disciplines in triathlon, swimming is the one dreaded the most by age-group triathletes, many of whom have had little formal experience in the water. Fortunately, of the three sports, swimming might be the easiest in which to make improvements. "Triathlon Swimming Foundations" provides a simple, straightforward system developed BY a triathlete FOR triathletes, allowing them to become comfortable and confident in the water using a system of triathlon-specific drills and techniques. Triathletes who follow this program are sure to breathe easily in the water without panic, eliminate sinking legs, gain previously elusive speed, and swim smoothly in a triathlon from the start line right into transition, with plenty of energy left to take on the rest of the race. "Triathlon Taren" Gesell is a triathlete who has become known for his wildly popular Triathlon Taren YouTube page, Instagram account and podcast, where he shares tips, tricks, hacks and time-tested knowledge to help age-groupers get to their start lines confident and their finish lines strong. Based in Winnipeg, Canada, Triathlon Taren is also the head coach of Team Trainiac, a training platform supporting a growing community of triathletes from all around the world.

No Limits

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport's legendary instructors, *The Swim Coaching Bible* immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! *The Swim Coaching Bible, Volume II*, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: • Jack Bauerle • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbancheck • Bill Rose • Vern Gambetta • David Durden • Brett Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham

From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, *The Swim Coaching Bible, Volume II*, is a must-own.

The Swim Coaching Bible

"60 workouts for speed, edurance, and technique"--Cover.

Developing Swimmers

An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

SprintSalo

Tom Danielson's Core Advantage offers a simple, highly effective core strength program for cyclists. This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling—no gym membership required. Professional cyclist Tom Danielson used to have a bad back. He shifted in the saddle, never comfortable, often riding in pain. Hearing that core strength could help his back, he started doing crunches, which made matters worse. He turned to personal trainer Allison Westfahl for a new approach. Danielson and Westfahl developed all-new core exercises to build core strength specifically for cycling, curing Danielson's back problems. Better yet, Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power. Using Danielson's core exercises, cyclists of all abilities will enjoy faster, pain-free riding. Cyclists will perform simple exercises using their own body weight to build strength in the low back, hips, abs, chest, and shoulders without adding unwanted bulk and without weights, machines, or a gym membership. Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body, improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back, neck, and shoulders. Beginner,

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intermediate, and advanced training plans will help bike racers, century riders, and weekend warriors to build core strength throughout the season. Each plan features warm-up stretches and 15 core exercises grouped into workouts for injury resistance, better posture, improved stability and bike handling, endurance, and power. Westfahl explains the goal for each exercise, which Danielson models in clear photographs. Riding a bike takes more than leg strength. Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer, faster rides.

The Complete Book of Swimming

Pool Panic

Author Paul Mason had worked with swimmers of most levels, ranging from national champions to untrained enthusiasts who couldn't understand why they couldn't go any faster. There are lots of swimmers out there who would like to improve, but don't really know how to progress from splashing up and down to gliding through the water. Improve Your Swimming explains seven simple things you can do to become a better swimmer. 1 Streamlining How to reduce the resistance you present to the water. 2 Breathing Learn to time when to take a breath, and how much breath to take on. 3 Body position This section looks at head angle, relative position of the chest and hips, body roll, and the energy-sapping evils of twist. 4 Flexibility This section will include information on the kind of flexibility that's crucial for swimming, plus exercises to improve flexibility. 5 Hold on the water This

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chapter explains hand entry into the water, hand shape, the course your hands might trace through the water, arm shape, exit and recovery 6 Kicking A short section on kicking technique, which has a significant effect on your body position. 7 Stroke and rhythm This chapter focuses on putting it all together to develop a smooth, fast, easy stroke.

100 More Swimming Drills

This how to book on triathlon techniques takes the guesswork out of your training and helps you to dramatically improve your performance. Pose Method of Triathlon Techniques introduces a uniform approach to three different sports and shows how to seamlessly blend them into one - triathlon. 2 Olympic Games and 4 National Teams later, Dr. Romanov offers you his insight and experience of over 35 years of working with athletes of all levels. Get clear, concise and pragmatic instruction on swimming, cycling and running techniques to improve your performance and to avoid injuries.

Fitness Swimming

Presents one hundred workout routines to help improve the mechanics of the four main swimming strokes.

The Ultimate Guide to Weight Training for Swimming (Enhanced Edition)

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Jenny loves swimming, and her best friend has finally convinced her to join the school swim team--but when she is confronted by a crowd of spectators in competition she freezes up.

The Swimming Drill Book, 2E

The best-selling drill book in the sport is now updated, expanded, and improved. More than 175 drills, accompanied by detailed illustrations, will help coaches and swimmers master every skill. Drills for strokes, starts, turns, and finishes, as well as for buoyancy and body balance, breathing and kicking, and sculling, are bolstered by new chapters on poolside strength training and open-water swimming.

Total Immersion

Provides advice to fitness and competitive swimmers, from basic stroke techniques to advanced training programs

There's a Drill for That!

In No Limits, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos

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is 'Performance is Reality', and it typifies his attitude about swimming. *No Limits* goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. *No Limits* will inspire anyone to follow their passion straight to the finish line.

Water Exercise

Presents a collection of one hundred swimming drills covering four competitive strokes: freestyle, backstroke, breaststroke, and butterfly.

Workouts - For Swimmers and Triathletes

How do you move on from an irreplaceable loss? In a poignant debut, a sixteen-year-old boy must learn to swim against an undercurrent of grief—or be swept away by it. Otis and Meg were inseparable until her family abruptly moved away after the terrible accident that left Otis's little brother dead and both of their families changed forever. Since then, it's been three years of radio silence, during which time Otis has become the unlikely protégé of eighteen-year-old Dara—part drill sergeant, part friend—who's hell-bent on transforming Otis into the Olympic swimmer she can no longer be. But when Otis learns that

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Meg is coming back to town, he must face some difficult truths about the girl he's never forgotten and the brother he's never stopped grieving. As it becomes achingly clear that he and Meg are not the same people they were, Otis must decide what to hold on to and what to leave behind. Quietly affecting, this compulsively readable debut novel captures all the confusion, heartbreak, and fragile hope of three teens struggling to accept profound absences in their lives.

Swimming Anatomy

100 of the best swim workouts for all experience levels: fitness, Masters level, or competition. Easy-to-follow pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer's Workout Handbook is a complete guide to escaping the routine of pool swimming with varied training workouts to keep you challenged and engaged, and improve your performance. Expert and multi-sport coach Terri Schneider combines skill training with variations in speed, distance, and technique for an effective and easy-to-follow series of pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer's Workout Handbook includes:

- 100 swim workouts for all experience levels
- Expert-designed pool workouts
- A guide to common swim terms used in the workouts
- Information on gear and guidelines to get the most out of your workouts

Swimming improves core, muscular, and cardiovascular strength and endurance, all in a low-impact, gravity-free workout. If done two to several times per week, or as an addition to a multi-sport training regime, swimming helps maintain a healthy weight, heart, and lungs. These benefits are best realized within the diversity of your workouts. To increase your swim fitness it is optimal to vary intensity, interval distances, recovery, and strokes, all within one workout session. The diversity within a workout

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is what triggers the body to grow stronger, faster, and more proficient. Whether you only have time to swim 1000 meters/yards, or are up for 5000 at each session, *The Swimmer's Workout Handbook* organizes speed, distance, and technique into these 100 fun and challenging training sessions—putting vitality back into your pool time. Go online to www.getfitnow.com for support, additional workouts, and more.

Swimming Fastest

Winner of the 2012 National Book Critics Circle Award, *Autobiography Swimming Studies* is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton's work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton's emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practitioner, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Swim Smooth

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Experts agree that swimming is the best and most complete form of exercise. Here is the most authoritative and comprehensive guide to the sport. From the Trade Paperback edition.

Technique Swim Workouts

Looking for exercises to improve your fitness, maximize your cross-training, or recover from an injury or condition—all with little or no impact? *Water Exercise* is your complete resource for fitness and rehabilitation exercises. Water workouts are a fabulous way to exercise, no matter your current fitness level. *Water Exercise* allows personalization of each workout plan: You can change the speed, intensity, or amount of rest based on your needs. *Water Exercise* is ideal for cross-training workouts and beginning to advanced fitness workouts. It will also help you recover from injury or manage a chronic condition. With underwater photos and simple instructions for each exercise, you will learn fun exercises in *Water Exercise* you can do in shallow or deep water. You'll also learn how to use optional equipment such as foam noodles and water buoys to strengthen muscles and improve flexibility. Exercising in the water is effective because it offers a range of therapeutic and health benefits yet still improves all the components of fitness that you get from land exercise—with no impact. With just a pool and a swimsuit, you can strengthen, rehabilitate, and add variety to your workouts with *Water Exercise*.

Swim Speed Secrets for Swimmers and Triathletes

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers.

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But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

Workouts in a Binder

This is the third book in the series. It contains seventy-five advanced level workouts that focus on speed and yardage, with specific workouts for freestyle, individual medley, sprint and distance swimming. These workouts are appropriate for the self-coached swimmer and triathlete, as well as for coaches looking for workout content for the athletes they train.

The 100 Best Swimming Drills

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The blistering, compulsively readable new novel from Herman Koch, author of the instant New York Times bestseller *The Dinner*. When a medical procedure goes horribly wrong and famous actor Ralph Meier winds up dead, Dr. Marc Schlosser needs to come up with some answers. After all, reputation is everything in this business. Personally, he's not exactly upset that Ralph is gone, but as a high profile doctor to the stars, Marc can't hide from the truth forever. It all started the previous summer. Marc, his wife, and their two beautiful teenage daughters agreed to spend a week at the Meier's extravagant summer home on the Mediterranean. Joined by Ralph and his striking wife Judith, her mother, and film director Stanley Forbes and his much younger girlfriend, the large group settles in for days of sunshine, wine tasting, and trips to the beach. But when a violent incident disrupts the idyll, darker motivations are revealed, and suddenly no one can be trusted. As the ultimate holiday soon turns into a nightmare, the circumstances surrounding Ralph's later death begin to reveal the disturbing reality behind that summer's tragedy. Featuring the razor-sharp humor and acute psychological insight that made *The Dinner* an international phenomenon, *Summer House with Swimming Pool* is a controversial, thought-provoking novel that showcases Herman Koch at his finest.

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