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Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes In "Swimming Fastest"--a revised and updated version of one of the best books ever written on competitive swimming--author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the training process so that you can swim stronger and faster. "Swimming Fastest" addresses not only the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics. "Swimming Fastest" covers every aspect of competitive swimming. The book is heavily illustrated, with more than 500 illustrations and photos featuring world-class swimmers. Sequences of photos taken from the front, side, and underneath views show you exactly how to perform competitive strokes, starts, and turns. This book is a source that coaches and athletes will pull down from their shelves again and again for reference. In part I Maglischo masterfully explains the mechanics of competitive swimming. He presents detailed technique analysis of the four primary strokes: freestyle, backstroke, breaststroke, and butterfly. He also explores the roles of stroke rate, stroke length, and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion. He explains the complex relationship between stroke length and stroke rate and swimming speed, and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force. Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event. Maglischo provides critical information to help you train more accurately and monitor your training more effectively. He evaluates current training theory, explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are

important to swim training. Maglischo also presents important new studies that define the relationship between endurance and sprint training, and he suggests their implications for training. Part III addresses topics that pertain specifically to competition and racing. Maglischo shares his insights and recommendations for pre-race tapering, establishing race pace, racing strategies, and post-race routine. Every swimming coach and serious swimmer will benefit from this book. "Swimming Fastest" will be the first resource you turn to when you want to trim precious seconds off your best times. Swimming is among the most physically demanding sports on the planet, involving endless hours of grueling training. Intensity and volume often overrule other critical aspects of performance, like preparing the body to withstand such taxing work. As a result, swimmers suffer from more overuse injuries than almost all other athletes. It does not have to be this way. Success in the pool means taking into account all aspects of training. With this book, Deniz Hekmati takes a deep dive into how strength training and recovery impact performance for swimmers of all ages, ranging from complete novices to Olympians. His science-based solutions will challenge your views on the relationship between strength training and fast swimming. This book is for all the swimming enthusiasts who realize that they themselves hold the keys to their own success. It is for the coaches who are passionate about making swimmers faster and addressing their injuries. And it is for the devoted swimmer parent looking to understand the sport and set their child up for success and good health. 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 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. 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. Swim Like A Pro is the most comprehensive guide for swimmers looking to improve their performance and health! Fares Ksebati is one of the most trusted swim coaches in the world and has created a proven training program that has helped hundreds of thousands of swimmers improve their stroke technique and swim more efficiently. Swim Like A Pro uses a holistic approach to help you swim faster with less effort and with more enjoyment. If you're just getting started in your swimming journey, this couldn't be a better time to start! The resources in this book and the online course will not only expose you to the fundamentals of technique training but also the world of strength and conditioning, nutrition, and injury prevention. Swim Like A Pro will offer you:- A Fresh Perspective On Swimming- A Deeper Understanding of Stroke Technique and Training- A Strategy to Set SMART Swimming Goals- A Holistic Approach To Swim Smarter: Nutrition, Dryland, and Mental Training- A Series of Inspiring Stories Are you ready to swim faster and smarter than ever before? Take action towards your goals, and order Swim Like A Pro now!! ONLINE COURSE: Swim Like A Pro offers an online video course that includes swim drills, workouts, links to additional video content and an exclusive Q&A section that will grow over time. swimlikeapro.com Every chapter has a corresponding video(s) and section in the online course. You'll be able to see and hear my explanation for each concept and stroke technique in this book. Seeing a visual representation of each concept can make all the difference in how fast you make progress. The online course has bonus video sections, a swim workout template, and interviews with swimmers who have lost weight, completed ironmans, and even won Olympic Medals! While the online video course is not required, it's highly encouraged. In a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret—just science. Science of Swimming Faster is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource:

- An easily understood repository of swimming research
- Insights distilled from great sport and exercise scientists, coaches, and swimmers
- A do-it-right reference for a host of techniques and tactics
- The most credible and widely used training principles and programs
- An analysis identifying key factors contributing to elite and world-record swimming performance
- An insider's access to the strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world's most successful swimmers.

With editors Scott Riewald and Scott Rodeo and a who's-who list of international experts on the sport, Science of Swimming Faster offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport. Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! Yes, You Can Swim Faster Without Having To Train For Years - Here's How! Do you love swimming so much that you want to start competing? When getting ready for their first competition, many people change the focus of your training and work on swimming as fast as they can. But if your swimming technique isn't perfect, simply flailing your arms around faster won't make you a better swimmer. This book will show you how to improve your swimming technique AND speed at the same time - without the need to train for years. This book will help you: Unlearn bad swimming techniques and swim like a pro Choose the best swimming stroke for your goals Create a personalized training plan to speed up progress Master the exercise drills used by pro swimmers Optimize your nutrition to provide your body with the best fuel With this book, you'll become a faster swimmer in a matter of weeks! Scroll up, click the "Buy now" button and Get Your Copy Now! Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! From an Olympic medalist, a proven, step-by-step program for helping you swim your best Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, Championship Swimming brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best. With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features: Step-by-step drills for improved strokes and more enjoyable workouts Tips on how to eliminate "drag" Techniques for swimming more powerfully with less effort Dry-land exercises Easy-to-follow illustrations From intermediate to competitive swimming, Championship Swimming is sure to improve the quality of every

swim, whether for leisure, exercise, or going for the gold. Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they're receiving the smartest, most up-to-date information on the foods and drinks that will serve them—and their swimming performance—best. This book provides a simple guide to improving swimming technique in front crawl with a comprehensive range of drills and exercises swimmers can practice individually. In addition, a range of self-testing methods allows swimmers to measure and evaluate their own ability and fitness as they progress through the book. This all-important swimming stroke is deconstructed and explained in a jargon-free way, helping swimmers understand and develop their technique and hugely improve their swimming style. Clearly written and attractively presented, this book will be invaluable to anyone whose experience of swimming instruction is limited to local club coaches. In order to enhance your performance, swimming alone is not enough. An effective strength training is crucial if you want to improve your swimming times. This book shows you what types of strength training benefit swimming and how to develop a winning routine. It includes swim-specific strength-training and lots of sample workouts. Textbook on swimming techniques Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! "Originally published in 2010 as Call the Suit by Sheila Taormina"—T.p. verso. 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. Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! Yes, You Can Swim Faster Without Having To Train For Years - Here's How! Do you love swimming so much that you want to start competing? 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This proven program will help you master these techniques: • Freestyle • Backstroke • Breaststroke • Butterfly • Starts and Turns • Open Water • Survival Swimming Step-by-step instruction and full color photos show basic arm and leg movements along with proper body position for each skill. Drills reinforce the instruction and help you practice each stroke. There's even a scoring system for gauging success and determining readiness to advance to new skills. Whether you're instructing, learning to swim, or looking to improve your aquatic skills, Swimming: Steps to Success will let you develop at your own pace. Part of the highly successful Steps to Success Sport Series with more than 1.6 million copies sold, it's your guide to in-water excellence. Swimming Training Tracker Logbook (6" X 9" -

15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progresses. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. Swim Tracker Journal Features: Warming up, swimming styles/stroke, cooling down Swim reps, distance, timing recorded Notes section to record area of improvements, technique notes, etc Perfect Logbook For: Swim coaches Trainee who is training to become competitive swimmer Graduation gift for trainee who had just completed their swimming program Regular swimming who swims to keep fit So scroll up and get a copy today! Included are the latest techniques used by some of the world's fastest swimmers and new methods of stroke measurement. The extensive coverage of training in Part I begins with a discussion of basic physiology and energy metabolism, equipping you with background information necessary to fine-tune your individual training techniques. You'll find information on special topics, including female swimmers, masters swimmers, and training in various age groups, plus coverage of the anaerobic threshold theory of endurance training, systematic approaches to using energy systems in training, and seasonal planning. Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progresses. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. 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Then this notebook is perfect for you! Buy it for yourself or as a gift for someone you like. We all love receiving a gift that is personal and even useful. At least it's more useful than a card. Notebook features: 119 blank and dotted pages 6" x 9" (15.24 cm x 22.86 cm) Cream paper Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progresses. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how much you had progressed and any positive result is set to motivate you further in achieving your swimming goals. 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Seeing a visual representation of each concept can make all the difference in how fast you make progress. The online course has bonus video sections, a swim workout template, and interviews with swimmers who have lost weight, completed Ironmans, and even won Olympic Medals! While the online video course is not required, it's highly encouraged. TESTIMONIALS: "As a former professional swimmer, I understand how important proper technique training is to reaching your goals. Swim Like A Pro makes swimming accessible to beginners while also helping seasoned athletes reach their full potential. The online video course helps you visualize the correct technique in order to swim faster with less effort." - Peter Vanderkaay, 3x Olympian, 4x Olympic Medalist "Fares translated his passion and enthusiasm for swimming into the user-friendly app that is MySwimPro. Whether you are looking to swim for fitness or train for the English Channel the holistic approach and vast library of dryland videos, technique tips, and workouts will help you accomplish your goal. Be ready to find a new love for swimming and the water!" - Catherine Breed, 4x Open Water Record Holder, 2x Pan American Gold Medalist "Swim Like A Pro is a MUST read for any triathlete looking to improve their swimming technique and training! Fares has helped thousands of swimmers and triathletes of all ages and abilities reach their full athletic potential. This book offers the perfect entry point for someone looking to take their swimming to the next level!" - Mitch Thrower, 23x Ironman, 11x Ironman World Championships ABOUT THE AUTHOR: Fares Ksebati is an entrepreneur, swimmer, coach, and mentor, helping people turn their dreams into a reality. He has been featured by Apple, Forbes, Sports Illustrated and Men's Health. Fares is the Co-Founder of MySwimPro, World Swim Day, and multiple business ventures that have impacted millions of people around the world. Fares is an avid world traveler and keynote speaker. He is a Bosphorus Cross-continental swimmer, and three time U.S. Masters Swimming individual national champion. His goal is to inspire and empower others to take action on their dreams. He advocates for a growth mindset and continuous self-improvement! Follow Fares on social media @FaresKsebati. Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your swimming training session to track progresses. Track all your workout sessions to monitor how much improvements you have achieved and detect any notable patterns and routines that helps to improve your swim timing. 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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 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. From more powerful strokes to quicker turns, propel yourself to improved times with Complete Conditioning for Swimming. This multidimensional training program uses fitness assessments to tailor

strength, endurance, and flexibility exercises to each swimmer's individual needs. Dave Salo, coach of Olympic medalists Rebecca Soni, Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak, and Scott A. Riewald, performance specialist for the U.S. Olympic Committee, have teamed up to create a comprehensive program that provides you with the following tools to improve your times: - Exercises and drills for each stroke - Event-based workouts and programs - Dryland training - Tapering for peak performance - Year-round conditioning plans - Nutrition before, during, and after swim meets In addition, the 80-minute DVD takes you to the pool and into the gym to demonstrate the drills and exercises used by the sport's elite. Complete Conditioning for Swimming is simply the best guide to preparing your body for competitive success. Crawl is the fastest swimming style. At the same time, by the perfect technique, it is also the most economic style. It lets to cover the longest distance by the lowest application of force. If you swim recreational, train as a professional or you are preparing for the triathlon, in this book you will find a lot of excersises, that will let you work conciously on your technique and have more pleasure in swimming. Surely you have wondered, how does it work, that one person, using more force, moves slowly, while the other person, swimming relaxed, covers the distance very quickly. This is what the technique means by swimming. Small details in position and work of our body decide about the size of water resistance we have to deal with while swimming and how fast we move in water. Not every practise makes perfect, but the masterful practise leads to a success. If you constantly repeat and strenghten your mistakes in swimming, how can you expect better results? Start training consiously and enjoy your success! The drills presented in this book are described in such a way that everybody can understand them, do them on their own and achieve better performance. In order to facilitate learning, drills are divided into chapters in which they are grouped into ones developing similar skills or body parts. However, this division is not very strict, because numerous drills develop many things simultaneously - in such a case these drills are not repeated in subsequent chapters. That is why I encourage you to familiarize with all drills before you choose those you will find most useful: Body Position In The Water. Feeling The Water (Propellers). Work Of Legs. Work Of Arms Above The Water. Work Of Your Arms Under The Water. Breathing. Speed Helpful Turns And Starts Open Waters (Triathlon, Swimming Marathons) Endurance As an interlude between chapters you will find quotations about swimming. In the past it was generally believed that one has to be born with a good technique, but, as we know from the experience of many coaches, the technique is being developed during training. Nowadays, it is a good technique that gives advantage to the best contestants during competitions, when leaders have strength and endurance at the very similar level. It often happens that the difference between contestants during competitions amounts to 2 hundredths of a second. In such a case technical nuances are decisive, for instance the fact that during the finish a contestant is pushing his shoulder excessively forward, hits the wall with stretched fingers and gains a few centimeters in this way. Nowadays the experience of the best coaches is available not only to the selected professionals - this knowledge may be also used by you. You can also get familiar with these drills. If you improve your technique, you will swim faster using the same or even less effort. Unlock your potential today by thinking about buying this incredible book. How To Swim Faster will show you everything you need to know about swimming faster. Once you have learnt how to swim, the next stage is how to swim faster. I will reveal the valuable secrets you must know to quickly achieve success. Swimming lessons will give you the basics. This book will go further than your swimming lessons and give you the winning advantage. Dive into this challenge and make the most of your effort. Don't miss your chance to discover the techniques used by professionals. Swim faster. Train better. Win more often. Achieve your goals. Topics covered in How To Swim Faster include: - What speeds you should be aiming for - Techniques to improve your individual strokes - Overcoming drag to increase your speed - How to increase propulsion - A better catch and pull technique - What should you do with your recoving hand - How often should you include speedwork in your training for maximum results - How to position yourself for a great dive to give you a lead from the start - Outdoor swimming and open water swimming - AND SO MUCH MORE You've got an important decision to make. Do you want to discover how to swim faster? Unlock your potential today by reading this incredible book.

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