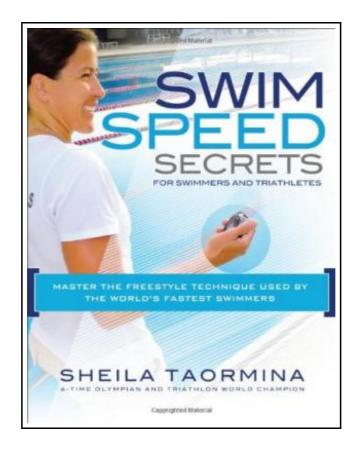
### Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers



Filesize: 7.83 MB

### **Reviews**

This book is definitely not effortless to start on looking at but really exciting to see. It really is simplistic but surprises from the 50 % from the pdf. I am just effortlessly can get a delight of looking at a published book.

(Thurman Schamberger)

# SWIM SPEED SECRETS FOR SWIMMERS AND TRIATHLETES: MASTER THE FREESTYLE TECHNIQUE USED BY THE WORLDS FASTEST SWIMMERS



VeloPress. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.1in. x 7.1in. x 0.6in.ln 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 of Olympic swimmers and variations in their high-elbow underwater pullClear descriptions of the key moments of the underwater pullTips that helped her perform at a world-class level for two decadesSheila Taorminas Swim Speed Secrets, brings the focus back where it belongsto a powerful underwater stroke. With this book, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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

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

### **Relevant Books**



### DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

**Download Document »** 



### Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead....

**Download Document »** 



### DK Readers Animal Hospital Level 2 Beginning to Read Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured...

Download Document »



## Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in.  $\times$  6.0in.  $\times$  0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

**Download Document »** 



### The Day I Forgot to Pray

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she...

**Download Document »** 



### DK Readers Beastly Tales Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.8in. x 0.2in.This Level 3 book is perfect for children who can read alone. Do these monsters really exist Read these amazing true

Read Book »



### Viking Ships At Sunrise Magic Tree House, No. 15

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in. Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade

Read Book »



### DK Readers Plants Bite Back Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.8in. x 0.2in.With Eyewitness Readers, children will learn to read --then read to learn! There are plants that prickle, sting, or even munch

Read Book »



#### Get Up and Go

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in.We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body

Read Book »



### A Sea Symphony - Study Score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 324 pages. Dimensions: 9.6in. x 6.7in. x 0.7in.Vaughan Williams conducted the first performance of his great choral symphony on his 38th birthday, October 12, 1910, at the

Read Book »