

100 Best Swimming Drills

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100 Best Swimming Drills

Most triathlon swims are at 1.2 miles or less (until you get to the Ironman level). The open water swimming includes many of the swimming drills used in the triathlon workouts, but the open water workouts also include long distance training. Obviously the best training for open water swimming is actually swimming in open water.

100 Swimming Workouts

The 100 Best Swimming Drills is organized into sections covering the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each drill is explained step by step and accompanied by comprehensive diagrams. 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 Best Swimming Drills - Cardinal Publishers Group

100 Best Swimming Drills,The Paperback - March 27 2009 by Blythe Lucero (Author) 4.5 out of 5 stars 8 ratings. See all formats and editions Hide other formats and editions. Amazon Price New from Used from Paperback Bunko "Please retry" CDN\$ 62.11 . CDN\$ 50.30: CDN\$ 55.36:

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Good swimming is all about moving through the water with the utmost efficiency. However, it is often difficult to isolate a technique problem through simply swimming laps. For this reason, drills are a fundamental part of training at all levels. 100 Best Swimming Drills presents readers with the most effective drills drawn from more than 20 years of working with swimmers.

The 100 Best Swimming Drills - Blythe Lucero - Google Books

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The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming. Blythe Lucero grew up in Berkeley, California in a large athletic family. She swam competitively in her youth, achieving All-American status in college.

Swimming : - The 100 Best Swimming Drills

The best freestyle swimming drills to improve your technique, speed and overall swim. Each drill with a video, download the pdf, for beginners and advance.

All The Swimming Drills - Freestyle - Speed, Technique ...

Perfect Practice Makes Perfect: Overhaul Your Swim Technique This Winter. The offseason is the best time to overhaul your swimming technique. The challenge is that drills and yardage without focus are barely worth the effort.

Drills to Improve Your Swimming | ACTIVE

Power up your freestyle with 10 freestyle drills from some of the best coaches and swimmers on the planet. Everybody wants to swim faster freestyle and to improve their freestyle stroke, but all too often we get hung up on particular technical and mechanical shortcomings.Our catch isn't strong enough, we lack proper rotation or our feel for the water isn't quite there yet.

10 Freestyle Drills for a Faster Freestyle - YourSwimLog.com

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. The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

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She swam competitively in her youth, achieving All-American status in college. "Strength Training for Faster Swimming" is her fifth book, following the three book series "Coach Blythe's Swim Workouts", the successful book "The 100 Best Swimming Drills" published in 2007, and "Masters Swimming - A Manual" published in 2006. show more

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Synopsis Good swimming is all about moving through the water with the utmost efficiency. However, it is often difficult to isolate a technique problem through simply swimming laps. For this reason, drills are a fundamental part of training at all levels. "100 Best Swimming Drills" presents ...

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In The 100 Best Swimming Drills, Blythe Lucero has compiled the most effective swimming drills gathered from more than 20 years of working with swimmers and is an excellent resource for swimmers at any level in the quest for better swimming.

The 100 Best Swimming Drills by Blythe Lucero

Swimming is only ranked 44 th in terms of difficulty in the ESPN (a US TV channel that broadcasts sports programs only) world rankings. A study of the parameters on which these rankings are based (coordination, stamina, flexibility, strength, endurance, speed, agility and analytical attitude) shows that swimming is second only to gymnastics in terms of coordination.

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