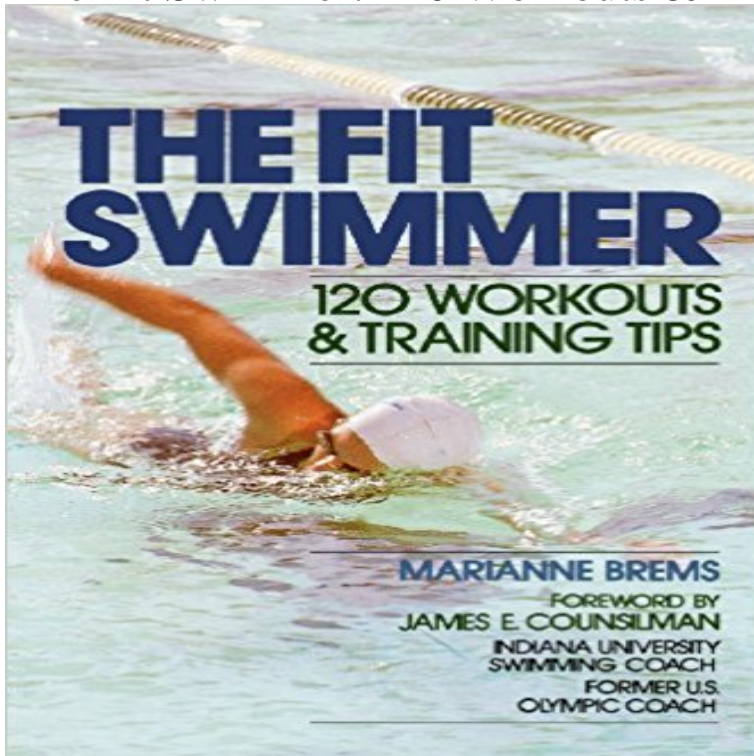


The Fit Swimmer: 120 Workouts & Training Tips



This book puts an end to the drudgery of merely counting laps by showing you how to create your own individual fitness program--and have fun doing it! Learn how to: Determine your own fitness level Choose an appropriate training program and build upon that program with a variety of innovative workouts Use a timing clock and interval training to increase your speed and endurance Use various training equipment, such as kick boards, hand paddles, and swimming fins to strengthen stroke technique Improve your cardiovascular fitness, muscle tone, and flexibility Included for quick reference are tips for streamlining strokes, checklists for proper stroke execution, and a helpful glossary of training terms as well as a section on the joys and challenges of open water swimming. I am constantly looking for new approaches which will do at least one of the following, and possibly all three: give me a change from normal routine make me a faster swimmer challenge me to work harder The Fit Swimmer addresses all these in an informative and entertaining way, making this book a valuable resource for all swimmers. -- James E. Counsilman Swimming Coach Indiana University Marianne Brems is a Masters swimmer, coach of the San Mateo Master Marlins, author of Swim for Fitness and 101 Favorite Workouts, and a regular columnist for Swim Swim magazine.

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