

Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle, 2013, 44 pages, Sheila Taormina, 1937715019, 9781937715014, VeloPress, 2013

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 speed.

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Shape Up! 100 Conditioning Swim Workouts, Blythe Lucero, Oct 1, 2009, Health & Fitness, 160 pages. The second book in the series contains 100 conditioning workouts that focus on building swimming capacity, with specific workouts for each of the competitive swimming strokes.

The Triathlete's Guide To Swim Training, Steve Tarpinian, 2005, Sports & Recreation, 171 pages. For many triathletes, swimming is the weakest link on race day. *The Triathlete's Guide to Swim Training* explains how to refine swim form, build speed, and establish an.

Swimming into the 21st century, Cecil Colwin, 1992, Sports & Recreation, 255 pages. .

Conquer Your Fear of Water An Innovative Self-Discovery Course in Swimming, Melon Dash, Apr 1, 2006, Sports & Recreation, 336 pages. Do you wish you could swim, have fun and exercise in water wherever you go? Get to the heart of the problem. Anyone can learn to swim once he or she overcomes fear. *Overcoming*.

Swimming Serious about Your Sport, , 2011, Physical fitness, 159 pages. This new authoritative text is ideal for anyone looking to improve their fitness levels and swimming ability. Comprehensive chapters cover everything from the basics of the.

High Performance Swimming, Alan Lynn, 2008, Sports & Recreation, 158 pages. Based on cutting-edge practices advocated by leading experts, this invaluable book guides the reader through the technical and scientific aspects of high performance swimming.

Faster Demystifying the Science of Triathlon Speed, Jim Gourley, Jun 11, 2013, Sports & Recreation, 224 pages. You don't have to be a rocket scientist to become a fast triathlete, but it sure doesn't hurt! Astronautical engineer and triathlete Jim Gourley reveals the physics

underlying.

Historical Dictionary of Competitive Swimming , John Lohn, 2010, Sports & Recreation, 299 pages. Swimming has been an Olympic sport since the inception of the modern Games, originating with the 100, 400, and 1500 freestyle events, and the 100 freestyle for sailors.

Strength Training for Triathletes , Patrick Hagerman, 2008, Sports & Recreation, 194 pages. A strength-training program designed for the specific needs of triathletes outlines sixty exercises that replicate swimming, biking, and running muscle-usage patterns, in a.

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Playing and Training Creatively , Uwe Rheker, Sep 1, 2006, Sports & Recreation, 237 pages. Looks at how training for water-based sports can be made fun, interesting, and educational. Each chapter of this book focuses on a different type of water-based activity - such.

Swimming Made Easy The Total Immersion Way for Any Swimmer to Achieve Fluency, Ease, and Speed in Any Stroke, Terry Laughlin, 2001, Swimming, 208 pages. .

Swim to Win Train Like a Champion, Ed Nessel, 2008, Sports & Recreation, 168 pages. Swimmers of all ages and abilities will find this illustrated guide a key reference to the art and technique of the sport. Acclaimed Masters Coach Ed Nessel, who holds advanced.

Workouts in a Binder Swim Workouts for Triathletes, Gale Bernhardt, Nick Hansen, 2002, Sports & Recreation, 96 pages. 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.

Competitive Swimming Management , David G. Thomas, Jan 1, 1988, Swimming, 119 pages. .

Call the Suit Develop the Freestyle Swim Technique Used by the Fastest Swimmers in the World, Sheila Taormina, Jun 22, 2010, Swimming, 128 pages. Develop the Freestyle Swim Technique used by the fastest swimmers in the world. Written by the smallest swimmer to win Olympic Gold since 1920. Sheila describes propulsion.

Handbook of the birds of the World: Ostriches to ducks, Volume 1 Ostriches to ducks, Josep del Hoyo, Andrew Elliott, 1992, , 696 pages
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Western Movie Making Locations Vol 1 Southern California, Jerry L Schneider, Jun 8, 2011, Reference, 714 pages. Over 160 western movie locations in Southern California are covered, illustrated with over 2,000 maps, aerial photographs, film stills, illustrations, and film clips. HistoriesStorytime with the Millers , Mildred A. Martin, Sep 1, 1994, Fiction, 110 pages. Amos and his brothers learn a valuable lesson about returning good for evil, in The Indians and the Cookies. Paul, a 3-year-old farm boy, nearly loses his life through Sheila Taormina 1937715019, 9781937715014 They Call Me Fat Zoe Helping Children and Families Overcome Obesity, Don Martin, Dr., Magy Martin, Dr., Paige Krabill, Dr., 2012, Juvenile Fiction, 48 pages. When her pet dog Zoe is diagnosed as overweight, Kate tells her mother that kids at school call her "fat" and don't want to be friends with her, leading the whole family to

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Chesapeake Bay research issues hearing before the Subcommittee on Oceanography, Great Lakes, and the Outer Continental Shelf of the Committee on Merchant Marine and Fisheries, House of Representatives, One Hundred Second Congress, second session, on problems such as toxic pollution, nutrient loading, and oyster diseases. February 28, 1992--Newport News, Virginia, United States. Congress. House. Committee on Merchant Marine and Fisheries. Subcommittee on Oceanography, Great Lakes, and the Outer Continental Shelf, Jan 1, 1992, Law, 179 pages
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Environment and development , Institute of Development Studies (Jaipur, India), 1996, Economic development, 196 pages. Contributed articles presented at a national consultation on the theme "Environment and development: Areas of conflict and convergence" held on September 13-14, 1994 at the IDSThe Manual of Antibiotics , Henry Welch, 1954, Antibiotics

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Matters of Life and Dirt: Finding Fun and Fulfillment in Land Stewardship , Pam Subalusky, Mar 28, 2007, Nature, 198 pages. The author provides valuable information and lessons learned in land stewardship in this humor-spiced tale of one couple's experiences improving a parcel of rural acreage for

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