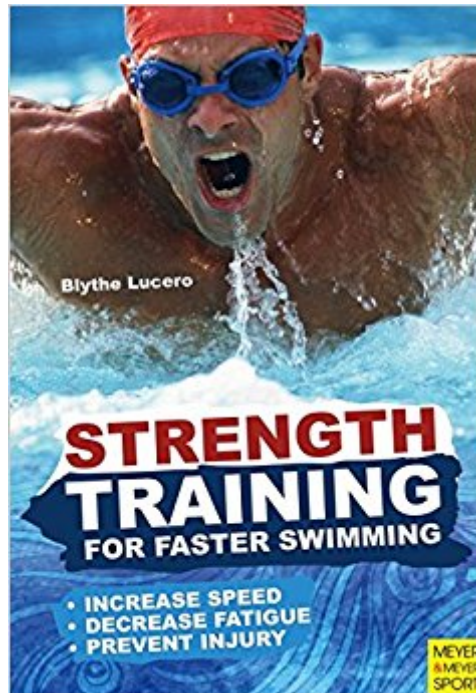




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Strength Training For Faster Swimming



Synopsis

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.

Book Information

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Average Customer Review: 3.1 out of 5 stars 5 customer reviews

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Customer Reviews

Blythe Lucero has been coaching swimming for more than 25 years. She currently oversees BEAR Swimming, Berkeley Barracudas and Berkeley Aquatic Masters, where she brings her passion for swimming to the development and training of swimmers of all ages, from novice to world class. Blythe grew up in Berkeley, California in a large athletic family. She swam competitively in her youth, achieving All-American status in college. In addition to coaching swimming, she trains Water Safety Instructors for the Red Cross, works in graphic design. 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.

Doesn't lay out a dry land program. Merely rehashes exercises that can be found in any article on the subject. Save your money.

It is very good book helping to improve your swimming skills. Is there anything else one should add?
In my opinion no.

Waste of money

as advertised

I bought this book because I was interested in learning more about swimming, strokes and techniques, and training. I am a retired senior with no previous experience or training as a competitive swimmer. That pretty much means that I have no coach to guide and assist me, and keep me from over-training and injuring myself. I am not particularly interested in competition, but I still wanted to be a better athlete, and improve my health. I found the exercises in the book informative and focused on the different aspects of enhancing my swimming skill level, and my ability to function at my peak of conditioning. With this book and another, I was able to plan a series of training programs for a 1-2 hour workout on a daily or alternating days that fulfilled my needs to exercise to tolerance and ability, increase my stamina and endurance, and control health issues I have developed in later life. Overall, I recommend this book as a guide for the senior desiring to maintain their physical abilities or even to increase their physical stamina.

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