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Janet Evans' Total Swimming



Synopsis

Improve your fitness level, achieve your swimming goals, and maximize your workouts with the help of four-time Olympic gold medalist Janet Evans! Whether you have been swimming laps for years, want to get back into the water, or have a competitive streak for masters meets or triathlons, Janet Evans's Total Swimming has you covered. A total of 60 workouts and 12 progressive programs allow you to tailor your swim sessions by distance, intensity, and goal. The gold-medal information also details proper stroke technique, advantages of various gear, concepts such as interval sets and training phases, and making each workout more productive by stretching, building core strength, warming up, and cooling down. So dive into Janet Evans's Total Swimming and begin training with one of swimming's all-time legends. v

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Customer Reviews

The book is a solid effort and a good reference manual for a newer swimmer such as a triathlete or a beginning masters swimmer. The book is divided into three sections, Swim Essentials, Workouts and Programs. The first section is primarily swim basics, equipment, technique and turns. The programs section is very "project management" oriented which is great for someone swimming on

their own for a triathlon or supplement to a coached workout. The workouts section is segmented into varying degrees of difficulty and it was this section I was interested in. (But enough about my problems.) What impressed me most was Evans sticking a stake into heart of the 'low stroke count equals faster swimmer theory' with Janet Evans eloquently stating the following: "The focus on swim training is often on lowering stroke count to increase speed, and that tactic is solid as long as efficiency is not lost. My stroke count was quite high--about 40 strokes per 50 meters compared with 25 for the larger swimmers--but my strong pull and push underwater and rapid tempo combined to create an efficient stroke that earned me a gold medal against larger swimmers in that 400-meter freestyle race." -- Janet Evans If you are looking for a book that contains the "dark arts of swimming" with data never before expressed, it is not quite that but rather a reference book, a fitness guide, and on how to progress as a swimmer from slow lane to fast lane.

This is a great book for someone who already knows how to swim but wants to be a better swimmer. Maybe this book will make you a great swimmer. Her explanations are very down to earth so they are useful and you can hear her "voice" through the pages. I'm sure most swimmers don't have a PhD in hydrodynamics so why do some writers write their books like that? This avoids those traps. She does a fantastic job at breaking down the strokes and what drills to use to improve parts of each stroke. She is also quite honest with the time and dedication it takes to be the best. You'll know if you're really trying! Also refreshing are these little fact boxes that discuss a side point to the text. You feel like you're standing next to Evans and overhearing her conversation. Good stuff.

I find Evans book a very good and practical one. It doesn't go into the details of swimming propulsion, lift forces, drag forces, vortex propulsion and all the other stuff, that quite frankly never helped me much. From the basics or swimming essentials all the way to the programs, it is an extremely good book and a great read. If you don't have a coach, this book is a MUST. I really like the "Programs". You can see and feel they are written in great detail and expertise ...well by Janet Evans!!! Thank you Janet. I highly recommend this book to any swimmer.

Janet Evans has done a great service to swimming writing this book. This is a very practical book for swimming and especially the workout plans. If you plan on working out on a regular basis and want a program to follow, this is one of the best books out there. And the knowledge of why and how to workout is explained so that now I feel confidence in my training. The book helped me self-coach my swimming plan and my preparation for Masters Swim Meets is so much better now. My swim

times are faster as well.

Janet Evans covers all four strokes as well as the basics from fitness swimming to competition. I liked this book so much that after checking it out more than a few times at my local library, I finally bought it. It is concise and gives you an abundance of information on how to be a better swimmer. Janet Evans has produced an excellent reference book for swimming.

Excellent writing, easy to understand, lots of common sense advises. I recently finished my swim lessons and this book is an excellent supplement to my training. Combine this book with "Swim Smooth" and you have a solid reference. I do wish she made a dvd. Janet rocks!

I took almost 10 years off swimming but this book helped get me back in shape especially the ab workouts. After a few weeks of doing the core exercises, there was a marked improvement in my times. Every time I read the book I seem to learn something new. Janet shares a lot of details of her life and workouts that are very interesting. A great book for your swimming library.

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