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The Triathlete's Guide To Swim Training (Ultrafit Multisport Training Series)



Synopsis

Written for all skill levels of multisport athletes, this book helps swimmers create individualized training programs for better stroke technique, maximum enjoyment, and improved performance. Different training programs cover fitness and competition, strength and flexibility, and open water swimming. All of the principles are grounded in easy-to-understand physics. Additionally, the book discusses effective equipment use, the importance of making swimming fun and satisfying, and delves into the psychological factors involved in competing.

Book Information

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Customer Reviews

My experience using this book has been extremely beneficial. Being a busy executive I found many books on the topic quite unrealistic in their expectations regarding time and devotion to the cause. The carefully shortlisted 10 drills are spot on and have helped improving my style - the training schedule (based on 3 sessions a week) is also well designed. Only frustration so far - the requirement of being able to swim 100m in less than 1min20sec to be "allowed" to move one to set of more advanced drills (e.g. sculling) - I am still struggling to get there. Finally the section on gears is quite helpful and help in selecting the right hand paddles for instance. Only room for improvement perhaps is the absence of comment on the finis waist belt (useful to improve hips rotation and therefore reach). The section on stretching should flag more clearly the need to hold for longer (as opposed to using short burst which can be quite damaging to the shoulder). Some drills also have a tendency to further apply pressure on the shoulders (thumb scrapping and finger tip drag) - these

should be modified accordingly in my humble opinion.

The book is wordy and needed a good editor. There is way too much background. The author is obviously knowledgeable and his advice seems worthwhile, but his explanations are a bit obtuse.

This is a really first-rate guide to swimming for all athletes, but for triathletes in particular. Good information, well written and augmented with training plans.

Excellent video. Well constructed set of drills and technique training to help you learn and/or improve your stroke mechanics. Great whether learning or looking to improve.

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