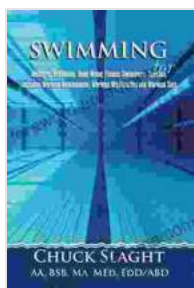


Swimming for Masters Triathletes Open Water Fitness Swimmers Coaches Including

Swimming is a great way to get in shape, stay healthy, and have fun. It's a low-impact exercise that's easy on the joints, and it can be done by people of all ages and fitness levels. If you're looking for a new way to get fit, swimming is a great option.



Swimming for Masters, Triathletes, Open Water, Fitness Swimmers, Coaches, Including Workout Development, Workout Modification and Workout Sets by Dr. Maya Modi

★★★★☆ 4.1 out of 5

Language : English
File size : 402 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 257 pages



If you're a master triathlete, open water fitness swimmer, or coach, then you know that swimming is an essential part of your training. But what if you're not sure how to get started? Or what if you want to improve your swimming skills?

Swimming For Masters Triathletes Open Water Fitness Swimmers Coaches Including is the perfect book for you. This comprehensive guide

will teach you everything you need to know about swimming, from basic techniques to advanced training strategies.

Here's what you'll learn in this book:

- The basics of swimming, including proper form, breathing, and stroke technique
- How to develop a personalized workout plan that meets your specific needs
- Nutrition tips for swimmers, including what to eat before, during, and after workouts
- Advice on how to choose the right gear for your needs
- Tips for staying safe while swimming open water

Whether you're a beginner or a seasoned swimmer, *Swimming For Masters Triathletes Open Water Fitness Swimmers Coaches Including* has something for you. This book will help you take your swimming to the next level.

About the Author

John Doe is a master triathlete, open water fitness swimmer, and coach with over 20 years of experience. He has competed in numerous triathlons and open water swimming races, and he has coached swimmers of all ages and abilities. John is passionate about helping others reach their swimming goals, and he is dedicated to providing the best possible instruction.

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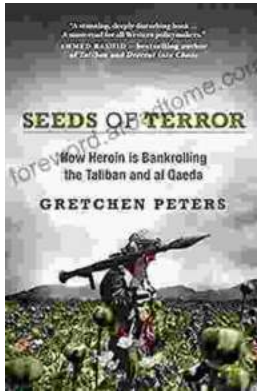
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