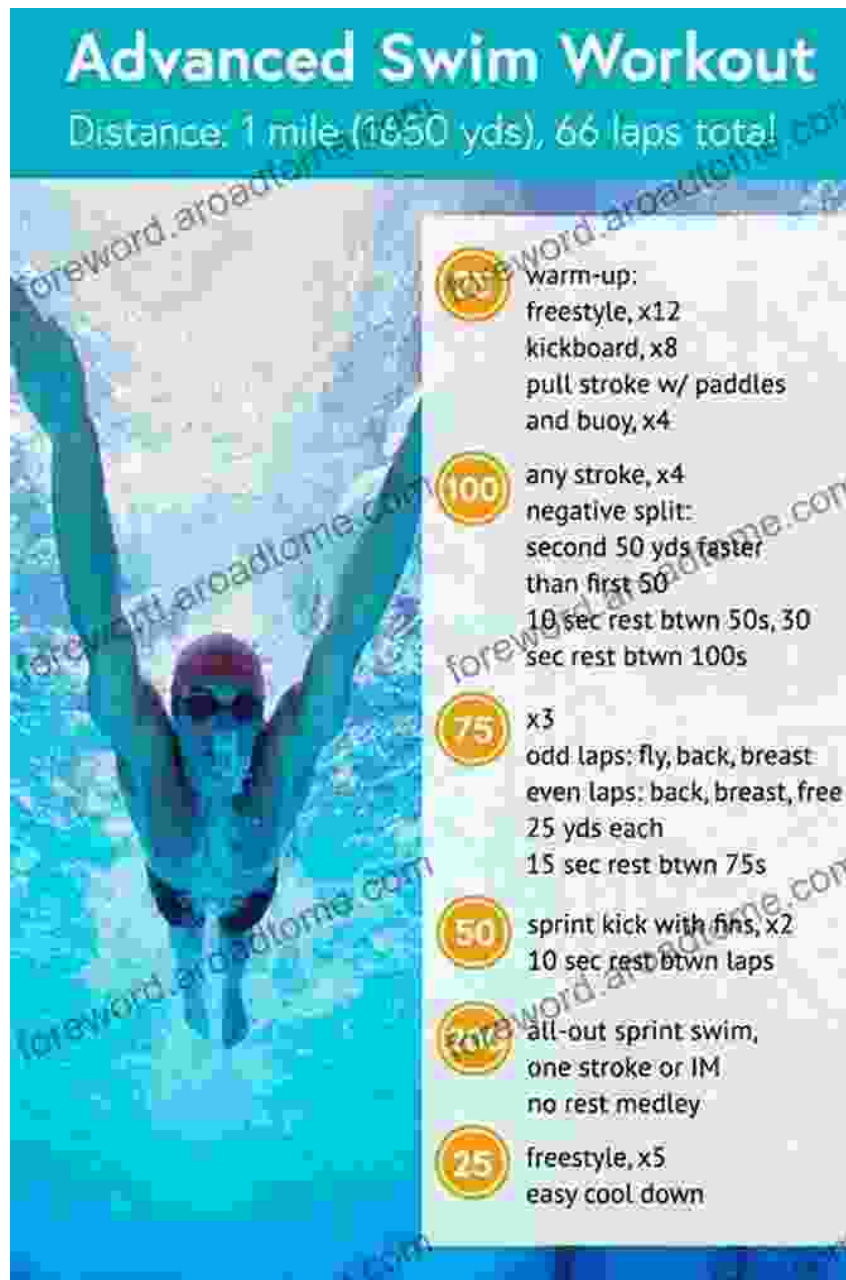


Teach Yourself To Swim Advanced Workout Skills



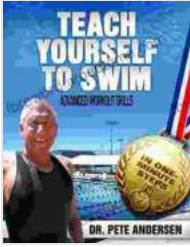
Advanced Swim Workout
Distance: 1 mile (1650 yds), 66 laps total!

- 15** warm-up:
freestyle, x12
kickboard, x8
pull stroke w/ paddles
and buoy, x4
- 100** any stroke, x4
negative split:
second 50 yds faster
than first 50
10 sec rest btwn 50s, 30
sec rest btwn 100s
- 75** x3
odd laps: fly, back, breast
even laps: back, breast, free
25 yds each
15 sec rest btwn 75s
- 50** sprint kick with fins, x2
10 sec rest btwn laps
- 20** all-out sprint swim,
one stroke or IM
no rest medley
- 25** freestyle, x5
easy cool down

TEACH YOURSELF TO SWIM ADVANCED WORKOUT SKILLS: IN ONE MINUTE STEPS by Dr. Pete Andersen

★★★★★ 5 out of 5

Language : English



File size	: 6989 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 92 pages
Lending	: Enabled



Unlock Your Swimming Potential with Advanced Workout Skills

Swimming is a fantastic full-body workout that offers numerous health benefits. Whether you're a seasoned swimmer looking to enhance your skills or a beginner seeking to master the art, "Teach Yourself To Swim Advanced Workout Skills" is the ultimate guide to unlocking your swimming potential.

This comprehensive book, written by expert swim coaches, provides a structured approach to developing advanced workout skills. With detailed instructions, step-by-step exercises, and insightful tips, you'll learn how to improve your technique, increase your endurance, and boost your speed.

Unleashing the Advanced Swimmer Within

Master Advanced Techniques:

- Refine your stroke mechanics for maximum efficiency
- Learn specialized techniques for competitive swimming
- Develop proper breathing techniques for optimal oxygen intake

Build Unwavering Endurance:

- Increase your lung capacity and cardiovascular fitness
- Develop interval training strategies to push your limits
- Learn techniques to reduce fatigue and extend your swim sessions

Accelerate Your Speed:

- Master the power of streamline techniques
- Learn drills to enhance your kick and pull strength
- Develop strategies to reduce drag and increase water propulsion

A Comprehensive Guide for All Levels

Whether you're a beginner looking to take your swimming to the next level or an experienced swimmer seeking to refine your skills, "Teach Yourself To Swim Advanced Workout Skills" is the perfect resource. The book's progressive approach ensures that every swimmer can benefit from its guidance, regardless of their current abilities.

Empower Yourself with Expert Advice

The expert swim coaches who authored this book have decades of experience teaching and training swimmers of all levels. Their insights and expertise will guide you through each lesson, ensuring you receive the best possible instruction.

With "Teach Yourself To Swim Advanced Workout Skills," you'll have the tools and knowledge to:

- Set personalized workout goals

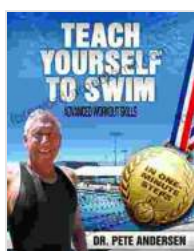
- Create customized training plans
- Track your progress and monitor your improvements
- Stay motivated and push your boundaries

Transform Your Swimming Journey Today

Don't wait any longer to elevate your swimming abilities. Free Download your copy of "Teach Yourself To Swim Advanced Workout Skills" today and embark on a transformative journey towards becoming a stronger, faster, and more skilled swimmer.

Buy Now

Unlock your swimming potential and experience the joy of swimming at its best. "Teach Yourself To Swim Advanced Workout Skills" will empower you to reach your swimming goals and unlock a world of aquatic possibilities.



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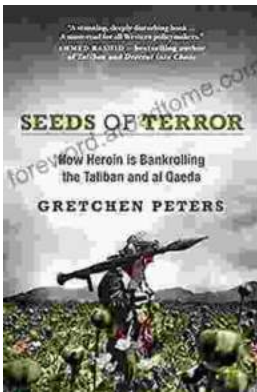
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