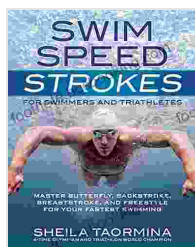


Swim Speed Strokes for Swimmers and Triathletes: The Ultimate Guide to Improving Your Swimming Performance

Are you a dedicated swimmer aiming to break through performance barriers or a triathlete seeking to optimize your swim leg? "Swim Speed Strokes for Swimmers and Triathletes" is the comprehensive resource you need to unlock your full swimming potential.

Swim Faster, Swim Stronger

This invaluable book provides an in-depth analysis of essential swimming strokes, meticulously dissecting each phase to reveal the secrets of efficient and effortless swimming.



Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) by James Koeper

★★★★☆ 4.6 out of 5

Language : English
File size : 113348 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 244 pages



Through crystal-clear explanations and detailed photo illustrations, you'll master the art of:

- **Freestyle:** Streamline your body, enhance your propulsion, and minimize drag.
- **Backstroke:** Perfect your back-to-back roll, execute powerful underwater kicks, and reach greater efficiency.
- **Butterfly:** Generate explosive power, optimize undulation, and achieve a butterfly stroke that glides through the water.
- **Breaststroke:** Improve your balance, refine your leg kick, and discover the secrets of synchronized arm movements.

A Comprehensive Guide for Swimmers of All Levels

Whether you're a beginner looking to enhance your fundamentals or an experienced swimmer striving for sub-elite times, "Swim Speed Strokes" is tailored to your needs.

The book includes:

- **Fundamental Techniques:** Master the biomechanics of efficient swimming, from entry to exit and everything in between.
- **Drill Exercises:** Isolate specific swimming movements with targeted drills, accelerating your progress.
- **Swim Workouts:** Implement structured and progressive workouts to build endurance, strength, and stroke technique.
- **Training Schedules:** Follow flexible training plans designed for various skill levels, preparing you for race day success.

Unlock Your Swimming Potential

With "Swim Speed Strokes," you'll gain an unparalleled understanding of swimming techniques, equipping you with the tools to:

- Reduce water resistance and swim with greater efficiency.
- Increase your speed, allowing you to break through plateaus.
- Enhance your endurance, enabling longer swims without fatigue.
- Perfect your stroke mechanics, minimizing the risk of injuries.
- Maximize your performance in swim competitions or triathlons.

Endorsed by Experts

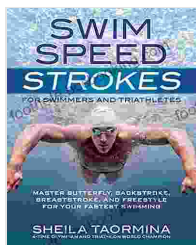
"Swim Speed Strokes is an indispensable guide for swimmers of all abilities. Its comprehensive approach and clear guidance will help you improve your technique, increase your speed, and achieve your swimming goals." - **Michael Phelps, 28-time Olympic medalist**

"This book is a must-read for any triathlete. It provides a comprehensive overview of swimming techniques, training drills, and workout programs, helping you excel in the swim portion of your race." - **Chrissie Wellington, four-time Ironman world champion**

Free Download Your Copy Today

Unlock the secrets to faster, stronger swimming and elevate your performance to new heights. Free Download your copy of "Swim Speed Strokes for Swimmers and Triathletes" today and start your journey towards swimming success.

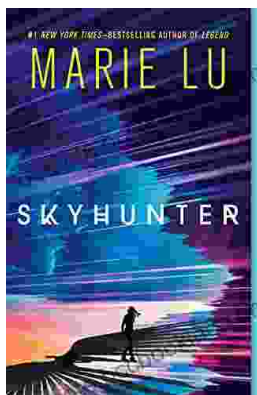
Available online and at your local bookstore.



Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) by James Keeper

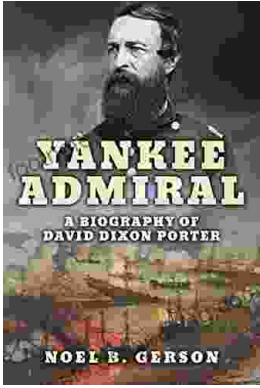
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