

Science Of Swimming Faster

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how to swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters. *Swim Speed Strokes* goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vladimir Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed exit phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will show you how to become the strongest swimmer you can be.

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and techniques of the sport's legendary instructors, *The Swim Coaching Bible* immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! *The Swim Coaching Bible, Volume II*, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: • Jack Bauer • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbancheck • Bill Rose • Vern Gambetta • David Durden • Brent Holman • Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham From developing young swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research on training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, *The Swim Coaching Bible, Volume II*, is a must-own.

Science of Swimming Faster Human Kinetics

Swim better—and enjoy every lap—with *Total Immersion*, a guide to improving your swimming from an expert with more than 30 years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, *Total Immersion* will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. The 2nd edition of the bestselling *Total Immersion* features: • A thoughtfully choreographed series of skill drills—practiced in the mind or on a mat of yoga—that can help anyone swim more enjoyably • A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable • Simple but thorough guidance on how to improve fitness and form • A complementary land-based program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, *Total Immersion* has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities. *Total Immersion* is featured in the *Handbook of Sports Medicine and Science, Swimming*.

The Biology of Swimming

The Swim Coaching Bible

The Total Immersion Way for Any Swimmer to Achieve Fluency, Ease, and Speed in Any Stroke

The Revolutionary Way To Swim Better, Faster, and Easier

Concurrent Aerobic and Strength Training

Be confident in the pool or open water with *Swimming: Steps to Success*. This proven program will help you master these techniques: • Freestyle • Backstroke • Breaststroke • Butterfly • Starts and Turns • Open Water • Survival Swimming Step-by-step instruction and full color photos show basic arm and leg movements along with proper body position for each skill. Drills reinforce the instruction and help you practice each stroke. There's even a scoring system for gauging success and determining readiness to advance to new skills. Whether you're instructing, learning to swim, or looking to improve your aquatic skills, *Swimming: Steps to Success* will let you develop at your own pace. Part of the highly successful *Steps to Success Sport Series* with more than 1.6 million copies sold, it's your guide to in-water excellence.

Included are the latest techniques used by some of the world's fastest swimmers and new methods of stroke measurement. The extensive coverage of training in Part I begins with a discussion of basic physiology and energy metabolism, equipping you with background information necessary to fine-tune your individual training techniques. You'll find information on special topics, including female swimmers, masters swimmers, and training in various age groups, plus coverage of the anaerobic threshold theory of endurance training, systematic approaches to using energy systems in training, and seasonal planning.

Swimming is often touted as one of the most accessible workouts—low impact, low tech, and beneficial at any stage of life. Yet each time you suit up and dive in, your body's moving parts must work together to propel you through dozens of pounds of water resistance, somehow emulating the movements of species that evolved specifically for the water. What are the physical forces at work when you get in a pool, and what determines whether you will sink or swim? Writing to competitive and novice swimmers alike, contributors to this volume break down every aspect of the sport. *Swimming Science* covers physiology, psychology, and safety, as well as hydrodynamics, nutrition, and technique. Each chapter examines these topics through a series of practical questions. What are the forces acting on you when you swim, and how do your muscles best generate propulsion against those forces? How much protein, salt, and iron should a swimmer consume, and how does energy from carbohydrates compare to energy from fats? How important is the "swimmer's physique" in competitive swimming, and is technique or strength more necessary for generating speed? These questions are examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview. Whether you are a competitive swimmer looking to optimize your performance or just beginning to dip a toe into the sport, *Swimming Science* is a

must-read.

It's very rare that a book can mean so much for professional sporting; Prof. Dr. Jan Olbrecht's book does! - He has a Ph. D. in physiology and biomechanics and is training adviser to numerous world class athletes - His method is based upon careful planning and a unique method of lactate testing to assess and optimize the athlete's conditioning and potential - His book should be considered as a manual for the modern coach who wants to know before planning and periodizing what kind of conditioning adaptations he may expect - It provides knowledge and shares experience in a very understandable and applicable to every training situation - It advances some new important concepts, most notably that training at anaerobic threshold speeds is not the most effective way to improve aerobic endurance and that aerobic and anaerobic metabolism must be developed to optimum, not maximum, levels in order to perform well in competition. (Based on refined outcomes following a re-analysis of the characteristics of anaerobic capacity exercises, some changes have been made regarding their description for long distance swimmers in comparison with previous publications (see Classification of Training Exercises).

Triathlon Swimming

Master Open-Water Swimming with the Tower 26 Method

Swimming

The Swimmer's Mind: Mastering the Mental Side of Swimming

Fundamentals of Fast Swimming

Master the Art of Swimming

Examines the role of science and technology in the sport of swimming, covering pool and swimsuit design, water forces, and the power behind various swim strokes.

Before 1970, scientific research in swimming was poor and anecdotal, and the improvements of performance were linked firstly to the swimmer's experience and, secondly, as a result of permanent research for speed. Before and after the Second World War, scientific studies were conducted by pioneers and marked the beginning of research in stroke mechanics and swimming physiology exercise. This book reviews research on the body of knowledge available for the improvement of sports coaching and training practice in swimming, which seems to be relevant, numerous, and diversified enough to help swimming coaches bridge the gap between theory and practice.

Outlines a comprehensive training program for swimmers, covering warming up, cooling down, training for specific strokes, building endurance, core stability, developing explosive power, enhancing flexibility, preventing and coping with injury, nutrition, hydration, and strength conditioning.

Swimming improves your flexibility, tones your body and can help to boost your self-esteem and produce a sense of well being. It is the nation's most popular sporting activity with 11.9 million people swimming regularly. However, most people don't know how to swim properly. This book is based on a 35-year voyage of discovery into the art of swimming. Steven Shaw's method takes the Alexander Technique into the swimming pool - focusing on releasing tension from the head, neck and back. Steven has evolved a unique way of breaking down strokes into a series of therapeutic movements, which can be practised individually or with a partner, in a pool or on dry land. These provide the building blocks, which combine to make it possible for anyone to recraft their own strokes in a way that promote good body use and avoid injuries. Instead of performing physical actions in an automatic way, you begin to learn body awareness. This way of swimming not only feels freer and more open, it is graceful and has a sense of flow, often absent from the way many people swim. Shaw looks at the most popular strokes - front crawl, back stroke, breast stroke and butterfly - focusing on maximum efficiency and minimum strain.

Swimming Science

Swimming Fastest

Relentless Spirit

Swim Speed Strokes for Swimmers and Triathletes

From Science to Performance

From an Olympic medalist, a proven, step-by-step program for helping you swim your best Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, Championship Swimming brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best. With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features: Step-by-step drills for improved strokes and more enjoyable workouts Tips on how to eliminate "drag" Techniques for swimming more powerfully with less effort Dry-land exercises Easy-to-follow illustrations From intermediate to competitive swimming, Championship Swimming is sure to improve the quality of every swim, whether for leisure, exercise, or going for the gold.

You're in the pursuit of excellence and success as a swimmer. At the end of the day, it's not physical talent, physical skill, or physical ability that's going to make the difference. What makes the difference is mindset, mentality, and attitude. What separates good swimmers from great swimmers is the mental side of the sport. This book is designed to help swimmers such as yourself to develop the mental strength and emotional resilience necessary to think strong, feel confident, swim fast, and be your best. To do that, The Swimmer's Mind contains 320 pages of the same strategies and methodologies I use when working with my individual clients and NCAA D1 Nationally-Ranked Swim Programs which have produced proven results and success at the Age-Group, National, NCAA, and International level. Readers will learn how to master the core aspects of the mental side of swimming such as how to be confident, how to eliminate nerves, how to create a strong racing mindset, and much, much more. If you're only focused on the physical side of the sport and not currently working to improve your mind for swimming, then you're neglecting the most important tool you have as a swimmer.

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops

skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

See how to achieve stronger starts, more explosive turns, and faster times! *Swimming Anatomy* will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. *Swimming Anatomy* includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. *Swimming Anatomy* goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, *Swimming Anatomy* will ensure you enter the water prepared to achieve every performance goal.

Life Is Better When You Are Swimming

Swim Smooth

Open Water Swimming

Everything You Need to Know about the Swimming Machine!

The Business of Choice

Swimming Even Faster

Winner of the 2016 Berry - AMA Book Prize for Best Book in Marketing from the American Marketing Association! Named Marketing Book of the Year for 2016 by Marketing & Sales Books! Reshape Consumer Behavior by Making Your Brand the Instinctive, Intuitive, Easy Choice • Discover powerful new ways to simplify and guide consumer decisions • Gain actionable insights into social influence, how people plan, and how they interpret the past • Leverage surprising advances in neuroscience, evolutionary biology, and the behavioral and social sciences Whatever your marketing or behavioral objective, you'll be far more successful if you know how humans choose. Human intuitions and cognitive mechanisms have evolved over millions of years, but only now are marketers beginning to understand their impact on people's decisions. The Business of Choice helps you apply new scientific insights to make your brand or target behavior the easiest, most instinctive choice. Matthew Willcox integrates the latest research advances with his own extensive enterprise marketing experience at FCB's Institute of Decision Making. Willcox explains why we humans often seem so irrational, how marketers can leverage the same evolutionary factors that helped humans prosper as a species, how to make decisions simpler for your consumers, and how to make them feel good about their choices, so they keep coming back for more!

This book provides an extensive guide for exercise and health professionals, students, scientists, sport coaches, athletes of various sports and those with a general interest in concurrent aerobic and strength training. Following a brief historical overview of the past decades of research on concurrent training, in section 1 the epigenetic as well as physiological and neuromuscular differences of aerobic and strength training are discussed. Thereafter, section 2 aims at providing an up-to-date analysis of existing explanations for the interference phenomenon, while in section 3 the training-methodological difficulties of combined aerobic and strength training are elucidated. In section 4 and 5, the theoretical considerations reviewed in previous sections will then be practically applied to specific populations, ranging from children and elderly to athletes of various sports. Concurrent Aerobic and Strength Training: Scientific Basics and Practical Applications is a novel book on one of the "hot topics" of exercise training. The Editors' highest priority is to make this book an easily understandable and at the same time scientifically supported guide for the daily practice.

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they're receiving the smartest, most up-to-date information on the foods and drinks that will serve them—and their swimming performance—best....

From the art of efficient pack swimming to the best dryland & pool workouts for improving endurance, strength & power, Open Water Swimming covers it all.

World Book of Swimming

Developing Swimmers

Swim Speed Secrets for Swimmers and Triathletes

Scientific Basics and Practical Applications

How to Improve Your Technique and Swim Faster in 30 Days or Less

Complete Conditioning for Swimming

Author Paul Mason had worked with swimmers of most levels, ranging from national champions to untrained enthusiasts who couldn't understand why they couldn't go any faster. There are lots of swimmers out there who would like to improve, but don't really know how to progress from splashing up and down to gliding through the water. Improve Your Swimming explains seven simple things you can do to become a better swimmer. 1 Streamlining How to reduce the resistance you present to the water. 2 Breathing Learn to time when to take a breath, and how much breath to take on. 3 Body position This section looks at head angle, relative position of the chest and hips, body roll, and the energy-sapping evils of twist. 4 Flexibility This section will include information on the kind of flexibility that's crucial for

swimming, plus exercises to improve flexibility. 5 Hold on the water This chapter explains hand entry into the water, hand shape, the course your hands might trace through the water, arm shape, exit and recovery **6 Kicking** A short section on kicking technique, which has a significant effect on your body position. **7 Stroke and rhythm** This chapter focuses on putting it all together to develop a smooth, fast, easy stroke.

Textbook on swimming techniques

The four-time Olympic Gold medalist and her parents trace the inspirational story of how she became both a legendary athlete and a happy and confident woman, achievements that were accomplished by doing things their own way and making the right choices for their family.--Publisher's description.

Maximize the development of your athletes and team throughout the year, and just maybe win a postseason title in the process. Coaching Better Every Season: A Year-Round Process for Athlete Development and Program Success presents a blueprint for such success, detailing proven coaching methods and practices in preseason, in-season, postseason, and off-season. The Coach Doc, Dr. Wade Gilbert, shares his research-supported doses of advice that have helped coaches around the globe troubleshoot their ailing programs into title contenders. His field-tested yet innovative prescriptions and protocols for a more professional approach to coaching are sure to produce positive results both in competitive outcomes and in the enjoyment of the experience for athletes and coaches. Coaching Better Every Season applies to all sports and guides coaches through the critical components of continual improvement while progressing from one season to the next in the annual coaching cycle. It also presents many practical exercises and evaluation tools that coaches can apply to athletes and teams at all levels of competition. This text is sure to make every year of coaching a more rewarding, if not a trophy-winning, experience.

SprintSalo

Total Immersion

Eat Right, Swim Faster

Swim Better, Swim Faster

Optimum performance in the water

Optimizing Training and Performance

Just one hundredth of a second separates elite swimmers from the podium, but what are the physical forces at work behind these times? Can an understanding of them be used to improve your own technique in the pool? Swimming Science investigates, with each chapter focusing on a different area. From swimming technology, physiology, and psychology to hydrodynamics, the key principles of swimming science are addressed and organised around a series of questions. What creates the drag in the water? How have swim suits evolved? Which muscles generate the most force do elite swimmers use? Each question is investigated using up-to-date science and explanatory info-graphics.

Swimming Training Tracker Logbook (6" X 9" - 15.24cm X 22.86cm - 120 Pages) This swim tracker logbook is designed to help you record your training session to track progress. Track all your workout sessions to monitor how much improvements you have achieved and detect patterns and routines that helps to improve your swim timing. A properly kept logbook will give you a better understanding at how you have progressed and any positive result is set to motivate you further in achieving your swimming goals. **Swim Tracker Journal Features:** ✓ Record swimming styles/stroke, cooling down ✓ Swim reps, distance, timing recorded ✓ Notes section to record area of improvements, techniques ✓ Logbook For: ✓ Swim coaches ✓ Trainee who is training to become competitive swimmer ✓ Graduation gift for trainee who had just completed program ✓ Regular swimming who swims to keep fit So scroll up and get a copy today!

Triathlon Swimming reveals the rewarding and rigorous Tower 26 program for mastering open-water swimming by the world's leading swimming coach Gerry Rodrigues and former pro triathlete Emma-Kate Lidbury. Triathlon swimming is unique in its challenges and physical limits. Over his lifetime of over 100 open-water swim race wins and over 30 years of coaching, Rodrigues has perfected the art and science of swimming. His famed Tower 26 swimming program trains athletes in both the pool and in rough open water conditions, making triathletes skilled, confident, capable, and fast in any condition. In Triathlon Swimming, Rodrigues and Lidbury break down open-water swimming into manageable pieces and show how triathlon swimming requires different form. From kicking to sighting, Triathlon Swimming describes the best technique for each stroke. This guide shares the best gear for open-water swimming, shows how to create your own effective open-water swim workout, and covers race prep and taper. Tower 26 offers the best open-water swimming technique. With Rodrigues' coaching approach and Lidbury's first-hand experience and insight, Triathlon Swimming can help you become a master open-water swimmer for faster, fearless racing.

In a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. As the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret—just science. Science of Swimming is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new benchmarks in the sport. It is a one-of-a-kind resource: • An easily understood repository of swimming research • Insights distilled from exercise scientists, coaches, and swimmers • A do-it-right reference for a host of techniques and tactics • The most credible and widely used principles and programs • An analysis identifying key factors contributing to elite and world-record swimming performance • An inside look at strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world's most successful swimmers. With Scott Riewald and Scott Rodeo and a who's-who list of international experts on the sport, Science of Swimming Faster offers you access to a wealth of advanced yet accessible information on excelling in the sport.

Butterfly

Swim Faster By Tracking Your Timing of All Swim Drills & Swimming Training; Logbook For Swim Coach Who Desires to Have a Deeper Understanding of Swim Move & Timing; Swim Journal for Anyone Who Loves Swim Exercise Workout

Swimming Faster

A year-round system for athlete development and program success

The Unconventional Raising of a Champion

The Complete Coaching System for Swimmers and Triathletes

Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes In "Swimming Fastest"--a revised and updated version of one of the best books ever written on competitive swimming--author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the

training process so that you can swim stronger and faster. "Swimming Fastest" addresses not only the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics. "Swimming Fastest" covers every aspect of competitive swimming. The book is heavily illustrated, with more than 500 illustrations and photos featuring world-class swimmers. Sequences of photos taken from the front, side, and underneath views show you exactly how to perform competitive strokes, starts, and turns. This book is a source that coaches and athletes will pull down from their shelves again and again for reference. In part I Maglischo masterfully explains the mechanics of competitive swimming. He presents detailed technique analysis of the four primary strokes: freestyle, backstroke, breaststroke, and butterfly. He also explores the roles of stroke rate, stroke length, and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion. He explains the complex relationship between stroke length and stroke rate and swimming speed, and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force. Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event. Maglischo provides critical information to help you train more accurately and monitor your training more effectively. He evaluates current training theory, explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are important to swim training. Maglischo also presents important new studies that define the relationship between endurance and sprint training, and he suggests their implications for training. Part III addresses topics that pertain specifically to competition and racing. Maglischo shares his insights and recommendations for pre-race tapering, establishing race pace, racing strategies, and post-race routine. Every swimming coach and serious swimmer will benefit from this book. "Swimming Fastest" will be the first resource you turn to when you want to trim precious seconds off your best times.

The long awaited new edition of Swimming updates the highly successful first edition edited by Costill, Maglischo and Richardson which was published in the early 1990s. The Second Edition contains less material on how to swim and more on the physics of swimming. It contains information on the latest methods of analyzing swim performances. It presents current sports science knowledge specifically relevant to coaching swimmers at club, county or national level. Covering characteristics of swimming including important concepts in propulsion, functional anatomy, physiology, biochemistry, biomechanics and psychology. The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games. Each Handbook is written by a small team of authorities co-ordinated by an editor who has international respect and visibility in the particular sport activity. Their charge is to present material for medical doctors who work with athletes, team coaches who have academic preparation in basic science, physical therapists and other allied health personnel, and knowledgeable athletes. Each volume represents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation.

In Swim Speed Secrets, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. Swim Speed Secrets focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. Swim Speed Secrets includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's Swim Speed Secrets brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. - Learn about how your swimming machine works- Understand why you feel the way you do in practice- Over 300 illustrations to help you grasp the tough concepts Don't be afraid! This is not biology class, this is swimming class. Your body is a Swimming Machine with a lot of moving parts. Knowing how these all work can help you understand why you feel the way you do at practice, why you train the way you do, and why you race the way you do. Complicated exercise science is translated into simple "picture book" format by Swim Smart founder Karl Hamouche, MD. "Karl's book has helped me understand and even enjoy the very difficult topic of human physiology. I laughed (who knew Glycolysis could be funny?) and I continue to refer to various chapters throughout the season for support and clarification. Karl explains the complexity of the human body in clear, simple language that helps both coaches and athletes get straight to the point: "How can I go fast!?!". For example, last summer I read the Taper chapter to my group three weeks before our big meet and we had the most drama free Taper I've ever been a part of. We had a common language and noticed and named every stage along the way, and this helped all of us feel confident in the process and normalized the sensations that generally trigger uncertainty and doubt. We're doing the same thing with energy systems and I've never had more buy-in with both specific sets and overall cycles because we've got clarity around their purpose. Thank you, Karl, your book has helped me be a better coach!" - Megan Oesting, ASCA Coach of the year 2019, head coach of Eastern Iowa Federation and founder of MOSTswimtech.

Championship Swimming

A Comprehensive Guide to the Science of Swimming

Steps to Success

Master the Freestyle Technique Used by the World's Fastest Swimmers

The science of winning

Marketing to Consumers' Instincts

An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

Editors Riewald and Rodeo assemble many of the world's leading swimming experts to reveal the latest in research, technology, training, and performance across the sport. Authoritative and applicable, Science of Swimming Faster dives into the physiology, biomechanics, medicine, psychology, and training for swim performance while providing prescriptive advice along the way.

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style. The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you.

Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. Swim efficiently. Swim fast. Swim Smooth.

Swimming is among the most physically demanding sports on the planet, involving endless hours of grueling training. Intensity and volume often overrule other critical aspects of performance, like preparing the body to withstand such taxing work. As a result, swimmers suffer from more overuse injuries than almost all other athletes. It does not have to be this way. Success in the pool means taking into account all aspects of training. With this book, Deniz Hekmati takes a deep dive into how strength training and recovery impact performance for swimmers of all ages, ranging from complete novices to Olympians. His science-based solutions will challenge your views on the relationship between strength training and fast swimming. This book is for all the swimming enthusiasts who realize that they themselves hold the keys to their own success. It is for the coaches who are passionate about making swimmers faster and addressing their injuries. And it is for the devoted swimmer parent looking to understand the sport and set their child up for success and good health.

Swimming Made Easy

Raising Your Performance with the Alexander Technique

Swimming Anatomy

Foundations of Strength Training for Swimmers

A Complete Guide to Develop Swimming Power and Manage Injuries

Coaching Better Every Season