



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

Steve Tarpinian

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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.

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