



Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes

Paul Newsome, Adam Young

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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.

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Why? Because this Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes is an unordinary book that the inside of the book waiting for you to snap it but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of benefits than the other book possess such as help improving your talent and your critical thinking means. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

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