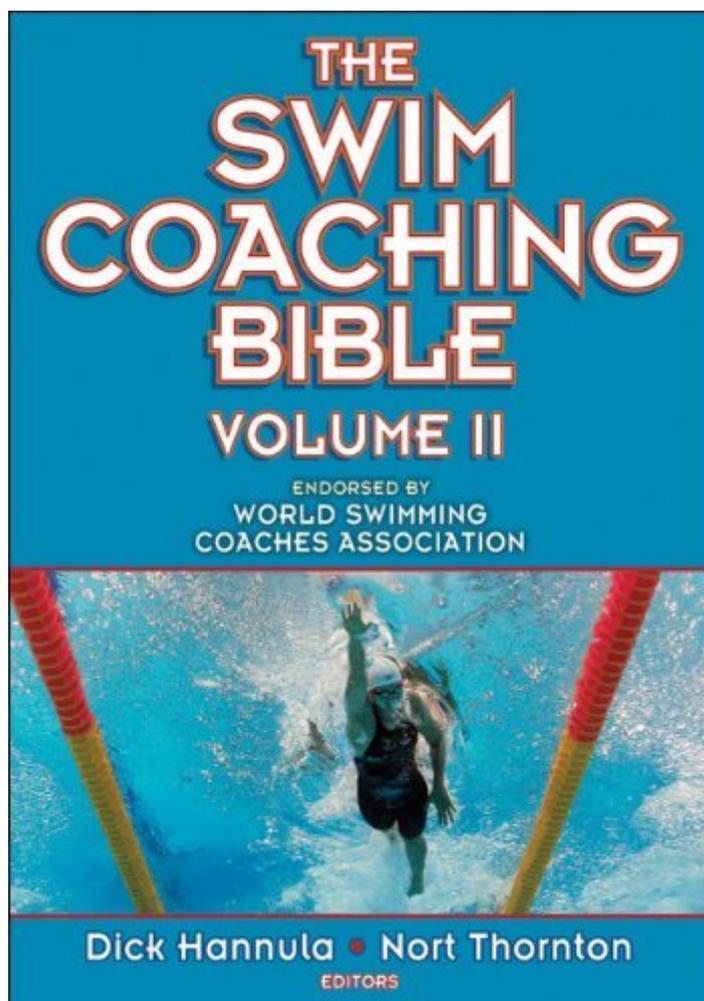# The Swim Coaching Bible: Volume II: 2

Synopsis

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sportâ ™s legendary instructors, The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe. Coaches, itâ ™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, youâ ™ll learn the secrets, strategies, and philosophies of 27 of todayâ ™s most successful coaches, including these legendary leaders: Jack Bauerle George Block Mike Bottom Bob Bowman Sid Cassidy John Urbancheck Bill Rose Vern Gambetta David Durden Brett Hawke Gregg Troy John Leonard Dick Shoulberg David Marsh Teri McKeever Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, itâ ™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.Â

Book Information

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Customer Reviews

The book has some nice material. Specifically, the stroke technique work, and the fact that so many high caliber coaches are represented, but I was disappointed with the overall product.I was hoping for more specifics on energy systems, sets, and what those sets are trying to accomplish. I was hoping for an entire book written in the same spirit as the Bowman article that is available to the public for marketing purposes. The Bowman article talked about training for the 200 fly, lactate buffering, stroke rate and efficiency, etc, etc. I could have even dealt with some more scientific rigor and dry physiological stuff, but what I read was pretty fluffy as an entire package. I didn't want entire sections and chapters devoted to motivating a swim team and reasons that various age groups go into competitive swimming.I bought the book because of what was advertised to me, the Bowman article, and was not happy with the rest of the book.

This book provides a comprehensive update from the old "Swim Coaches' Bible."The sections on underwater kick, sprint, and mid distance are phenomenal and incredibly helpful in designing work outs.The section on distance swimming was not as good as the previous books section. It was not nearly as thorough as the previous books. While they introduced some great new concepts, the authors of that one section did not offer a conclusive report.

I purchased the Swim Coaching Bible Volume one long time ago. I think it was a wonderful book (I still refer to it regularly). So when I heard of the Volume II from email, I bought it right the way with high expectation.No offense to all these successful coaches, but I am a bit disappointed on this. Overall Volume I is far better than Volume II (sorry coaches). I felt some coaches still have a lot of wonderful stuff being held back and was not covered in their chapters.Well if you did not Volume I, Volume II is still a good book to read (if there is no comparison like Volume I).I am expecting articles like that of Richard Quick in Volume I, but I was disappointed of not finding one.

Probably interesting for experienced coaches.Not the best book for intermediate swimmers (swimmers were not a target group).Still worth to be read in my view.

If you found volume I useful, I strongly recommend you to get this second part of The Swim Coach Bible. Complete your swimming bibliography with this must-have book on your bookshelf.

All Coaches can uses this. It is practical and very usefull, something that one can use in your day to day training. A great find.

The Swim Coaching Bible, Volume I (The Coaching Bible Series) The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) The Swim Coaching Bible: Volume II: 2 Swim Coaching Bible, Volume II, The The Baseball Coaching Bible (The Coaching Bible Series) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) NLP Coaching: Learn How to Use NLP in Your Coaching and Become a Great Leader (nlp coaching, nlp books, nlp techniques) Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes The Massive Book of Bible Trivia, Volume 1: 1,200 Bible Trivia Quizzes (A Massive Book of Bible Quizzes) How We Got the Bible Pamphlet: A Timeline of Key Events and History of the Bible (Increase Your Confidence in the Reliability of the Bible) Then and Now Bible Maps: Compare Bible Times with Modern Day - Overhead Transparencies (Then & Now Bible Maps at Your Fingertips) Coaching Swimming Successfully - 2nd Edition (Coaching Successfully Series) COACHING SISTÉMICO DE EQUIPOS Y ORGANIZACIONES: Colección de Coaching Sistémico (Spanish Edition) Coaching magico para convertir a tu rana en principe/ Magic Coaching To Turn To Your Frog Into a Prince: ...y desvelar la reina que llevas dentro/ ... Personal/ Very Personal) (Spanish Edition) Coaching para una vida feliz: Coaching para una vida feliz (Spanish Edition)