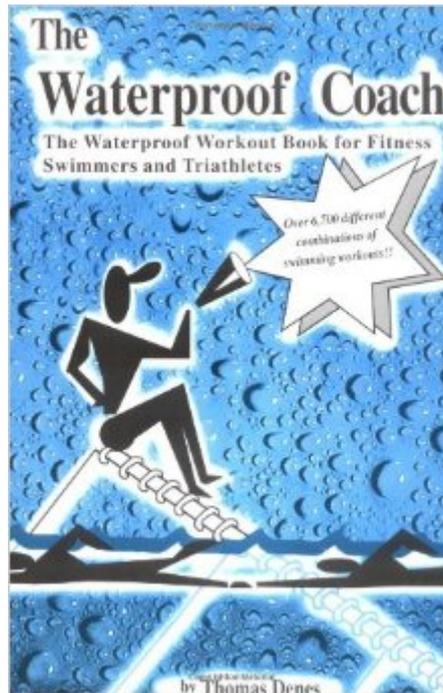


The book was found

The Waterproof Coach: The Waterproof Workout Book For Fitness Swimmers And Triathletes



Synopsis

The Waterproof Coach is a unique, self-paced workout book for swimmers and triathletes. This book is completely waterproof. Swimmers can take the book pool-side and plan their workout as they swim. Each page of workouts is cut into three segments--the first segment contains a warm up, the second a main set, and the third a cool down. The book can easily be configured into over 6,700 different workouts by combining any warm up with any main set and any cool down. In other words, if the book is used three days a week, it would take over 40 years before the same workout is repeated! The book presents three levels of workouts, from beginner to intermediate. The three segments allow swimmers to mix and match their workouts by combining any of the levels together. Swimmers can vary their routine simply by flipping the segments.

Book Information

Spiral-bound: 54 pages

Publisher: Ancient Mariner Aquatics Inc (April 1, 1997)

Language: English

ISBN-10: 0965623009

ISBN-13: 978-0965623001

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (32 customer reviews)

Best Sellers Rank: #144,719 in Books (See Top 100 in Books) #23 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #47 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons](#) #52 in [Books > Sports & Outdoors > Water Sports > Swimming](#)

Customer Reviews

Here is my case, I used to swim in a team a few years ago, and it was fun but then I had to quit due to lack of time, now since sports is a very important part of my life I came back but got bored from swimming laps and doing the same thing all the time, and when I tried to mix some training drills my muscles hurt a lot. Now that I bought this book I can't wait for the swimming session every single day, it has so many programs that you just can't get bored, and most important it has 3 parts in every day that you swim - warm up, main training program, and relaxation which is very important. This book is a must have for every serious or professional swimmer who swims alone and without a trainer.

Mr. Zohar is correct that *The Waterproof Coach* is more helpful to the beginning swimmer or triathlete than to the competitive swimmer. The workouts are mostly freestyle because most fitness swimmers are not proficient in the other strokes. The book is a bit pricey at \$29.95 but that is because it is printed on completely waterproof paper. The paper costs three times as much as regular paper. In addition, the workout pages are cut into thirds so that the swimmer can mix and match workouts. This is an expensive part of the manufacturing process. Most of the fitness swimmers and triathletes who have purchased the book since 1997 have been happy with it.

I loved this book! As a new swimmer, it was very helpful, especially the section where the author describes terms used in swimming. My swimming partner, a seasoned swimmer, loved the book so much that she immediately ordered a copy. We shared the book between two lanes and were able to flip back from the basic workout (for me) to a more advanced workout for her. During our first workout I accidentally dropped the book in the water. I dried it off and it is as good as new.

This book assumes that the user knows very little about swimming. The layout is wonderful and the concept is clever, but the workouts are not challenging and not too creative. For example, one of the WDs is "100 swim, 100 kick". I bought the book to avoid such lackluster sets. So, if you are new to the sport this is a great book. If you swam in HS or college, I'd skip it and look elsewhere.

I was skeptical that a book could provide a workout similar to that from a coach or master's swimming program, but this book does exactly that. The ability to mix and match workouts to suit your level and objectives is really a huge benefit. I will certainly continue to use this as a regular resource for my training. The only negative is the pages are a bit hard to get dry and tend to stick together when wet.

This is a wonderful book to help plan your swimming workouts. I used to go to the pool and just start swimming laps... I would end up going all out in the beginning and then I would get too worn out to complete a good workout. With this book, I can flip through and select a warm-up, main set & cool-down. There are beginner, intermediate & advanced levels for each part of the workout. Now I create a total swimming workout based on how I feel and the amount of time I have at the gym. I know what is ahead of me so I pace myself during the warm-up, push myself during the main set & and I always look forward to the cool-down! I also love that this book is waterproof. I bring it to the pool with me & leave it on the edge of the pool... it can get wet and it will not be ruined!

Let's preface this review with the fact that I'm a neophyte "fitness swimmer" . . I've swam before, but only recently had begun swimming for fitness. This book is exactly what I was looking for . . an easy-to-use book with a great variety of workouts. Because it is waterproof (as the title suggests), I can take it to the pool with me to instantly refer to its contents. Sure, if you're a Master's swimmer, or have swam competitively with a coach, this book may be superfluous. But for the rest of us, it's wonderful.

This is a great tool for triathletes. A great variety of workouts for the pool, bike and running. It's great for those who don't have a coach around to give workouts- just flip open the book and go. It holds up in the water- I, of course had to test the title and dunked the book in the water. It held up just fine & is ready for the next workout.

[Download to continue reading...](#)

The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Workouts in a Binder for Swimmers, Triathletes, and Coaches Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Open Water Swimming Manual: An Expert's Survival Guide for Triathletes and Open Water Swimmers Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes Triathlete Magazine's Essential Week-by-Week Training Guide: Plans, Scheduling Tips, and Workout Goals for Triathletes of All Levels The Locksmith's Pick, Rake and Drill Repair Coach (The Locksmith's Repair Coach Book 4) A Practical Guide to Coaching Youth Baseball: For Coaches of 7 and 8-year-old Ballplayers (From Coach to Coach Book 3) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Successful Coach: Become The Coach Who Creates Champions Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout)

CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1)
BODYMINDER Workout and Exercise Journal (A Fitness Diary) An Ultimate Home Workout Plan Bundle: The Very Best Collection of Exercise and Fitness Books Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness)

[Dmca](#)