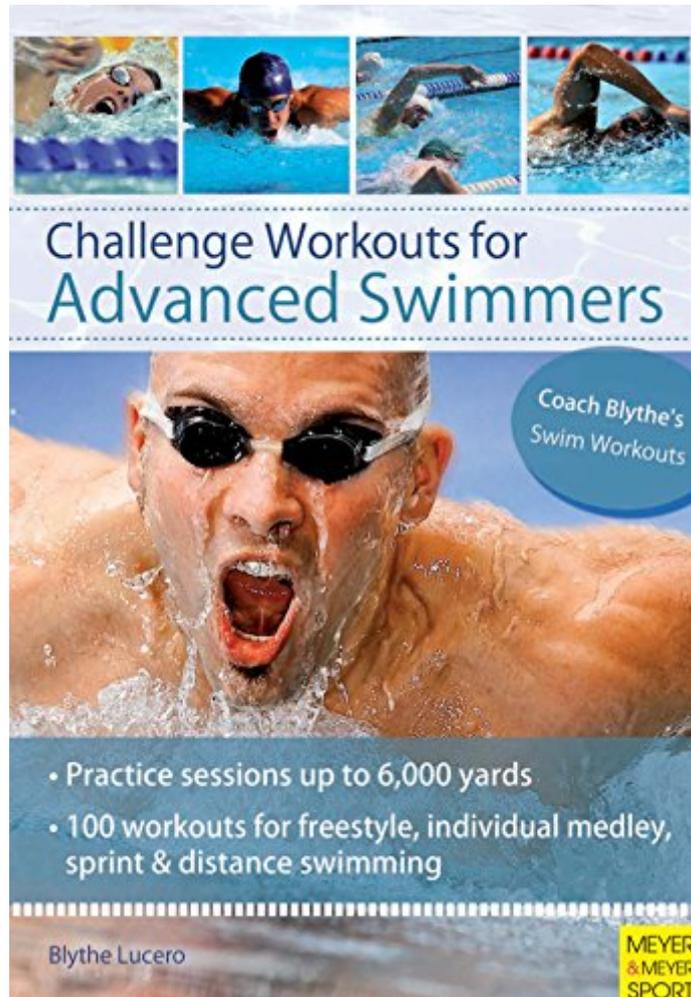


The book was found

Challenge Workouts For Advanced Swimmers



Synopsis

The third book in the series, called "Challenge Workouts for Advanced Swimmers", contains 100 advanced level workouts that focus on speed and yardage, with specific workouts for freestyle, individual medley, sprint and distance swimming. The workouts in this book use pace work, descending and building sets, and goal swims, that total up to 6,000 yards/meters. Each workout is accompanied by a "Personal Challenge" to meet advanced training goals through controlled exertion, and improved pace and recovery time.

Book Information

File Size: 17346 KB

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Outdoors > Water Sports > Swimming

Customer Reviews

I use this book for the elite swimmers on my swim club. It ha great sets that you can mix and match or take as written. This book assumes you know stroke drills from the previous books. I would recommend this to elite swimmers and their coaches.

I use this for my advanced swimmers, and I love it. There is a decent amount of variety, and I can always find something challenging.

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Challenge Workouts for Advanced Swimmers Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Workouts in a Binder for Swimmers, Triathletes, and Coaches Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) 30 Day Whole Food Challenge: AWARD WINNING Recipes Guaranteed to Drop Weight; Take the Challenge Today! 30 Day Whole Food Challenge: 30-Day Whole Food Diet Challenge Recipe Cookbook for Weight Loss Eat healthy, Lose Weight! (Whole Foods, Whole Diet, ... Whole Recipes, Whole 30 Diet Plan) (Volume 1) Whole Food: The 30 day Healthy Eating Challenge (The Healthy Whole Foods Eating Challenge - 35 Approved Recipes for Rapid Weight Loss) Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes Developing Swimmers 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 Swimming: Swimming Made Easy- Beginner and Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better) Champions: The Making of Olympic Swimmers Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes Mind Training for Swimmers The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness

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