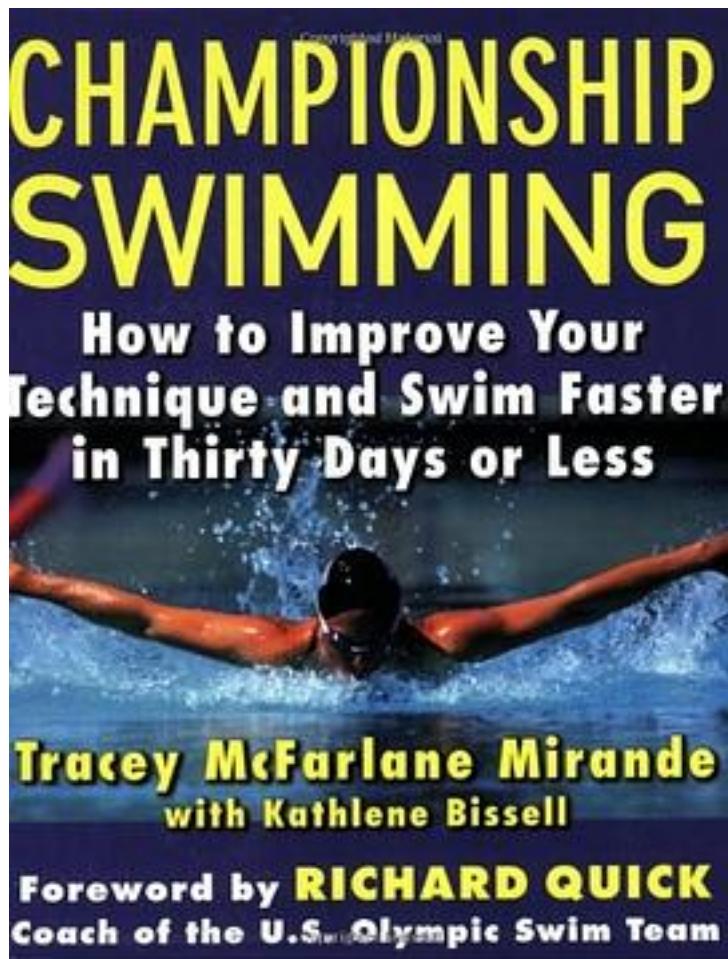


# Championship Swimming



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出版者: McGraw-Hill

出版时间: 2005-8

装帧: Pap

isbn: 9780071447300

Swim at your best with this step-by-step 30-day program from an Olympic medalist. Tracey and I both swam under the direction of Coach Richard Quick, who is considered an expert by everyone in our sport. Not everybody can have an Olympic

coach, but having lessons from a former Olympian is certainly the next best thing. Tracey's book includes what all swimmers need to know to become better--no matter what their level. Perhaps someone reading it will become a future Olympian' - Jenny Thompson, holder of 12 Olympic medals and the most decorated woman swimmer in U.S. history. 'This is the quintessential book for those interested in improving their swimming skills at a rapid rate. It has all the basics for the beginner yet still is able to focus on the bigger picture - swimming faster and more efficiently with an improved stroke' - Rowdy Gaines, three-time Olympic gold medalist and commentator for NBC Sports. If you think the fastest way to better swimming is more boring, repetitive laps, you're (literally) wasting your breath! In this handy guide, Olympic medalist and former World Champion Tracey McFarlane Mirande uses her experience, skills, and know-how to get you swimming with speed, power, and grace - just like the pros. Whether you're a skilled swimmer or a beginner, "Championship Swimming" delivers competition-level techniques and training to provide real improvement in just 30 days. Tracey's comprehensive guide includes: workouts for both beginning and advanced swimmers; specialized drills for improved strokes; techniques for eliminating drag and swimming more powerfully with less effort; and, step-by-step instructions for flip turns.

作者介绍:

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