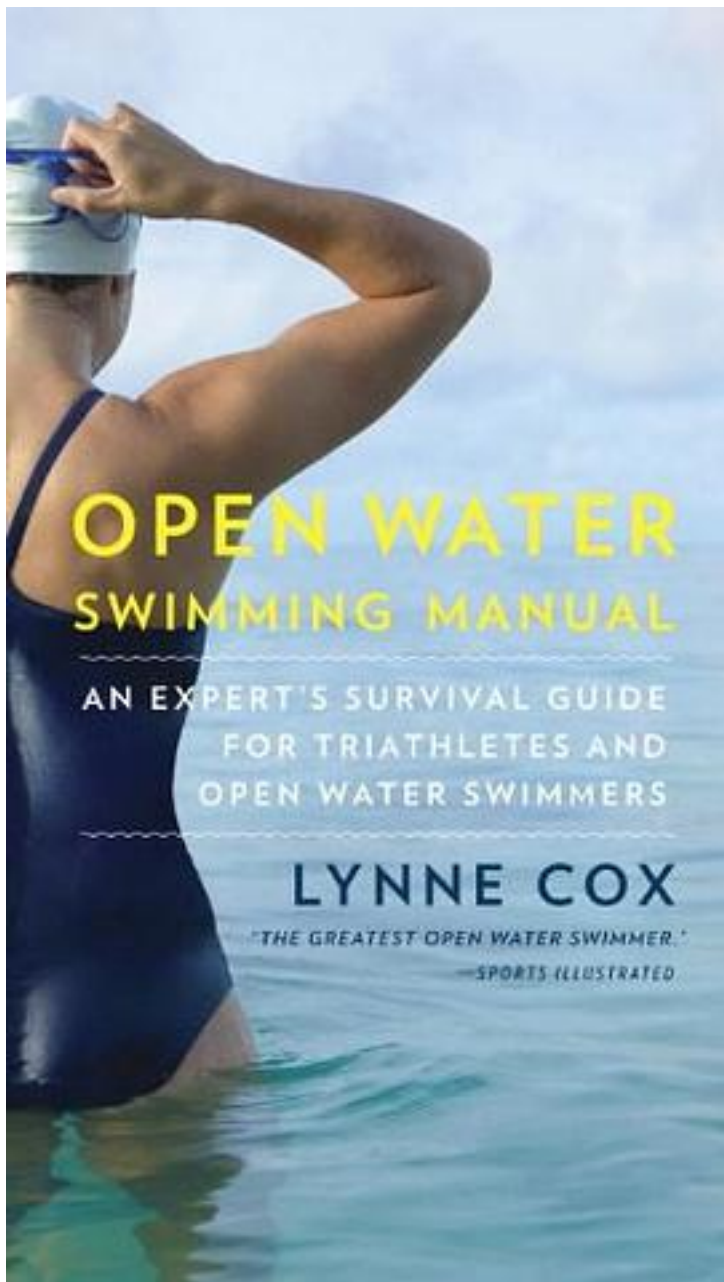


Open Water Swimming Manual



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著者:Cox, Lynne

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Lynne Cox has set open water swimming records across the world, and now she has focused her decades-long experience and expertise into this definitive guide to swimming. Cox methodically addresses what is needed to succeed at and enjoy open water swimming, including choosing the right bathing suit and sunscreen; surviving in dangerous weather conditions, currents, and waves; confronting various marine organisms; treating ailments, such as being stung or bitten, and much more. Cox calls upon Navy SEAL training materials and instructors' knowledge of open water swimming and safety procedures to guide her research. In addition, first-hand anecdotes from SEAL specialists and stories of Cox's own experiences serve as both warnings and proper practices to adopt.

Open Water Swimming Manual provides a wealth of knowledge for all swimmers, from seasoned triathletes and expert swimmers to novices exploring open water swimming for the first time. It is, as well, the first manual of its kind to make use of oceanography, marine biology, and to weave in stories about the successes and failures of other athletes, giving us a deeper, broader understanding of this exhilarating and fast growing sport.

作者介绍:

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标签

英文

游泳

评论

Mostly concerning the perils of open water swimming instead of technical specifics, tides and waves, hypothermia and hypothermia, ocean animals. Many swimmers are

unlikely to undertake open water swims in distance long enough to be affected, but it's a helpful overview of safety issues.

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书评

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