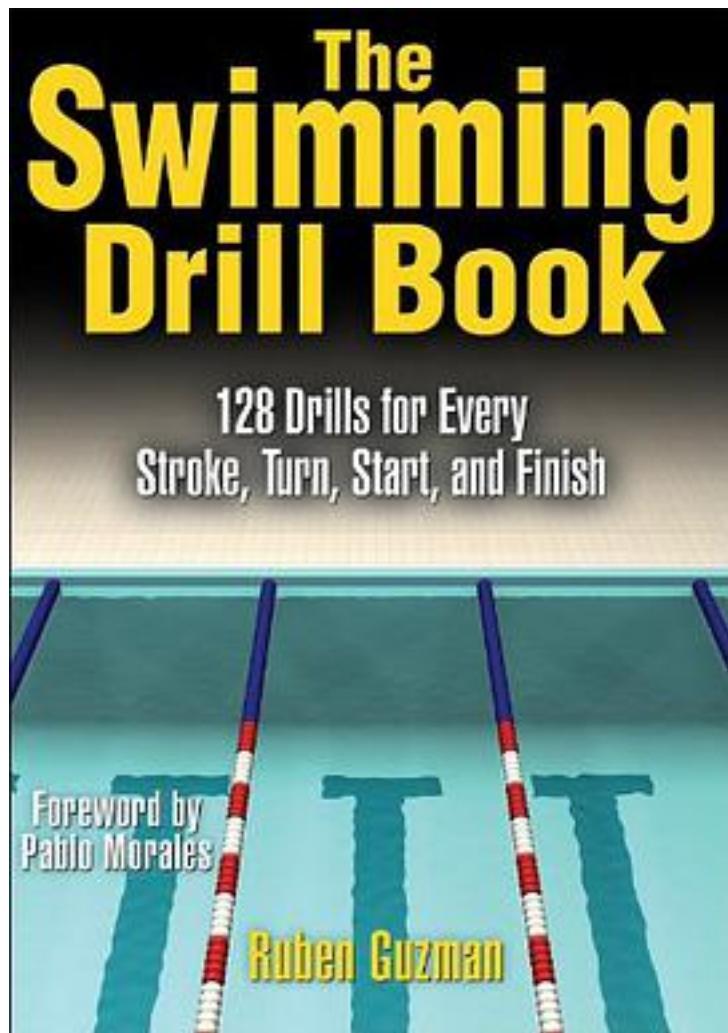


The Swimming Drill Book



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This is the most comprehensive drill book on the market with 131 drills, every turn and

finish scenarios and every start possibility. Each drill explains purpose, description, focus points and modifications, accompanied by illustrations that show proper technique and position. A useful 16-week training chart provides guidance on how to plan a training programme using the drills and a two-page layout of each drill. This book builds a foundation of form and efficiency with dozens of drills to improve buoyancy, body position, breathing, kicking and sculling.

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