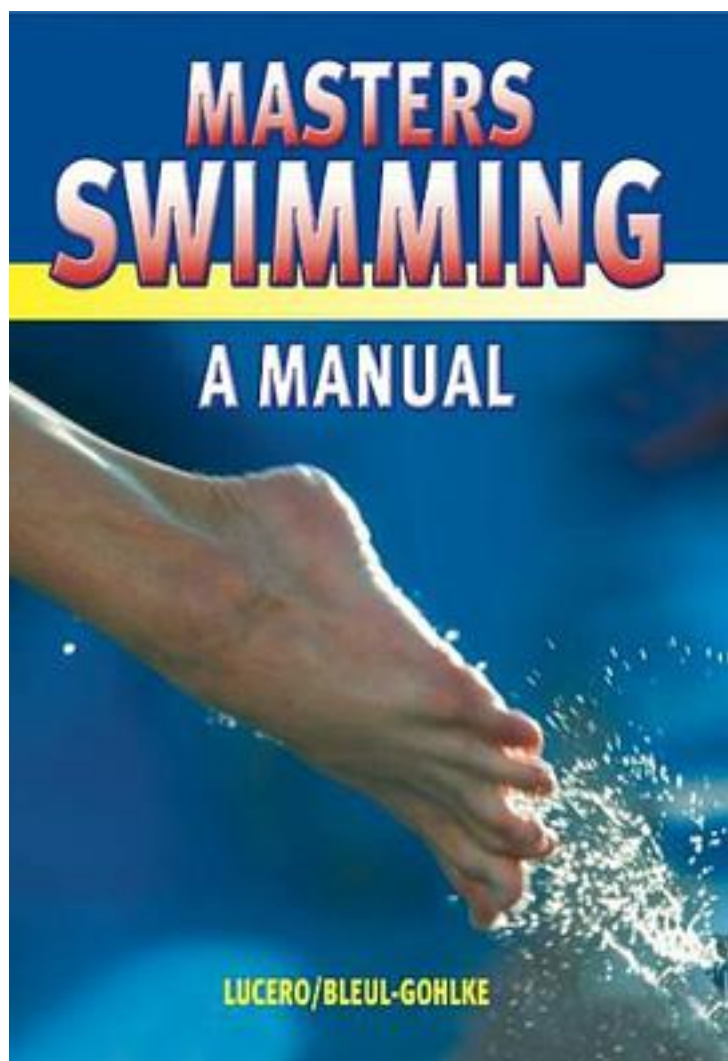


Masters Swimming



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Masters Swimming - A Manual lets every reader discover the many faces of masters swimming, from fitness swimmer to retired champion. Besides interesting facts and figures, it includes elements of work-outs for conditioning, strength training, and the right technique. It also features lots of tips on equipment and avoiding injury. The book is directed at every masters swimmer, with tips on finding a team, but also at coaches, with valuable help for structuring and leading a team.

作者介绍:

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