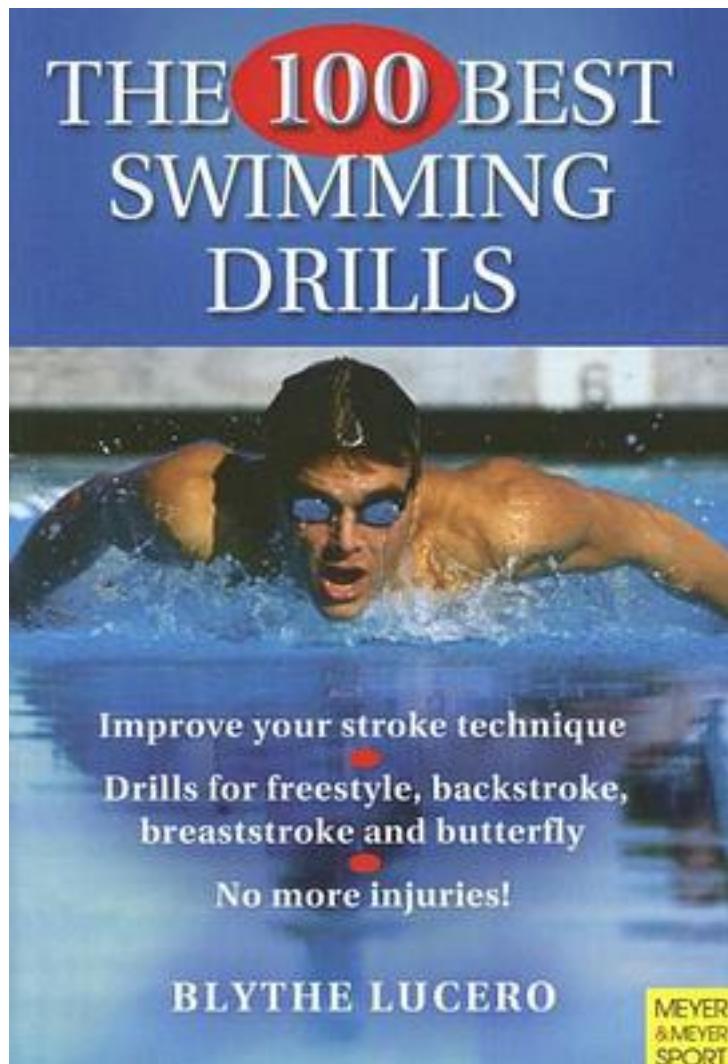


The 100 Best Swimming Drills



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Good swimming is all about moving through the water with the utmost efficiency. However, it is often difficult to isolate a technique problem through simply swimming laps. For this reason, drills are a fundamental part of training at all levels. "100 Best Swimming Drills" presents readers with the most effective drills drawn from more than 20 years of working with swimmers. It is organised into sections covering the four major strokes - freestyle, backstroke, breaststroke, and butterfly. Each of the drills is explained step-by-step and accompanied by comprehensive illustrations. Also included are drill feedback charts to help swimmers identify problems and make the correct modifications to their technique. This will become an essential resource for swimmers at any level who want to maximize efficiency while minimizing effort.

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