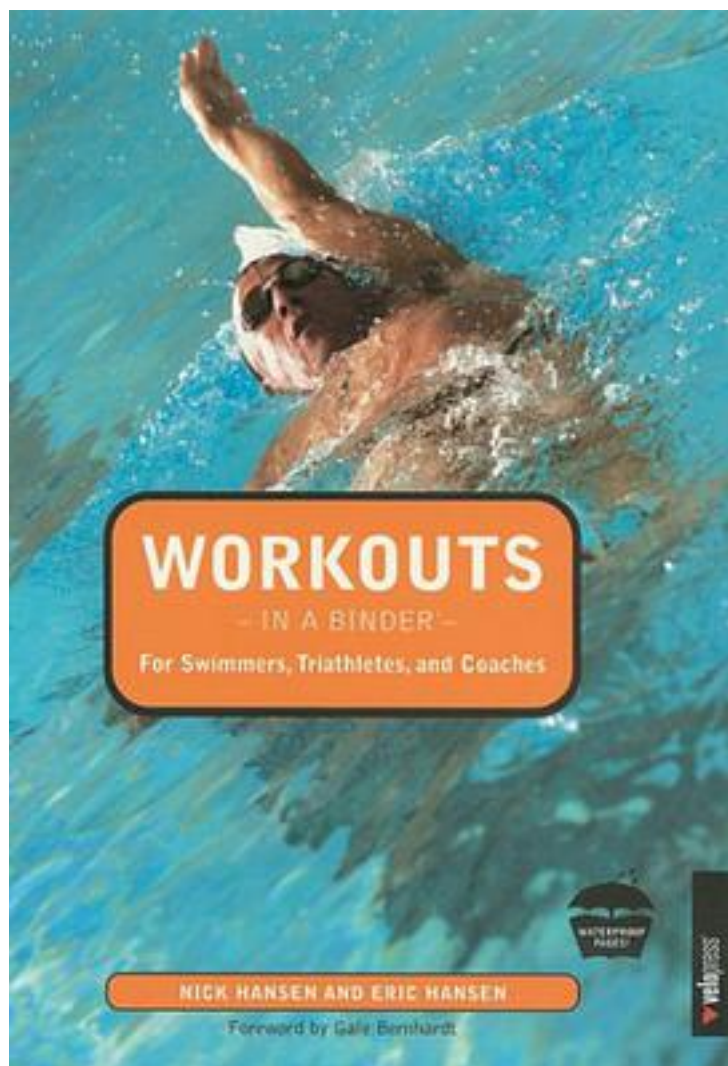


Workouts in a Binder for Swimmers, Triathletes, and Coaches



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Avoid monotony in the pool with this collection of 100 swim workouts and six training plans from Nick and Eric Hansen. Their diverse approach to workouts and training plans extends beyond freestyle to include other strokes for masters and collegiate swimmers, coaches, and triathletes. Workout categories cover: long distance; middle distance; sprint; individual medley; and, stroke. Athletes of all levels will improve speed and skills by bringing creativity to their training plans using a variety of workouts from each category. Choose between a standard 'A workout' and a modified 'B workout,' for those with less time or stamina. Spiral bound and printed on durable, waterproof cards, these swim workouts are specially designed to be used and abused at the pool.

作者介绍:

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