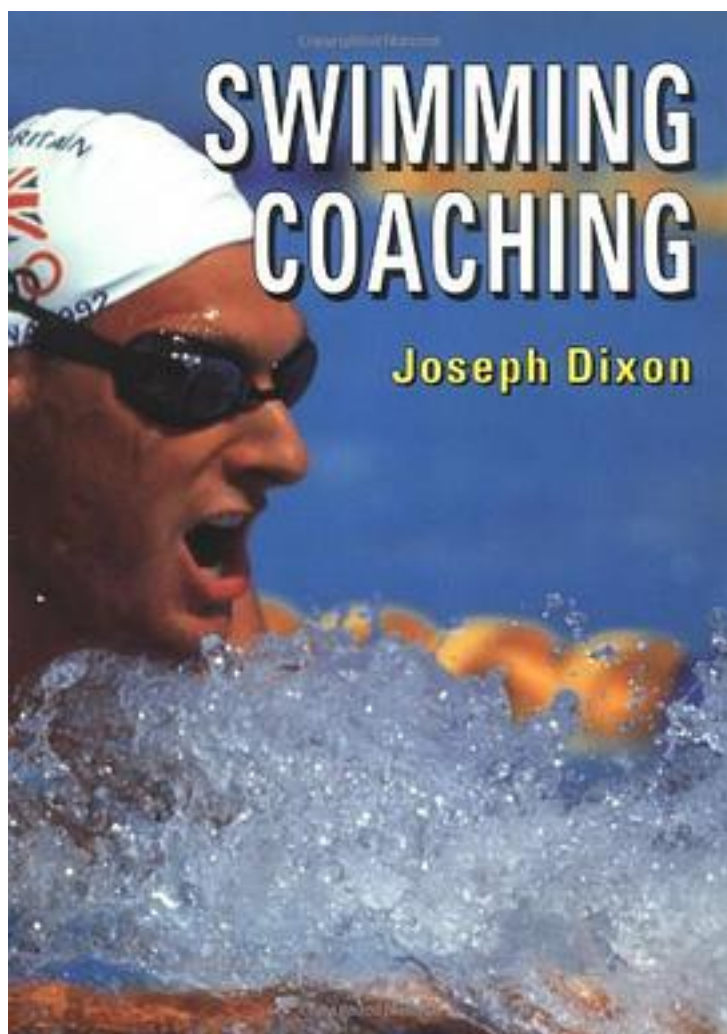


Swimming Coaching



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Swim faster and better using the techniques and theories discussed in detail in this

comprehensive manual aimed at helping coaches to design tailor-made coaching programs. Specific practice drills for each of the four main strokes will improve speed and style of the competitor in the water. Topics covered include racing starts and turns; compiling a training schedule; and a full fitness program for swimmers to develop muscle strength. The principles of hydromechanics and physiology of swimming is at the heart of this scientific approach.

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