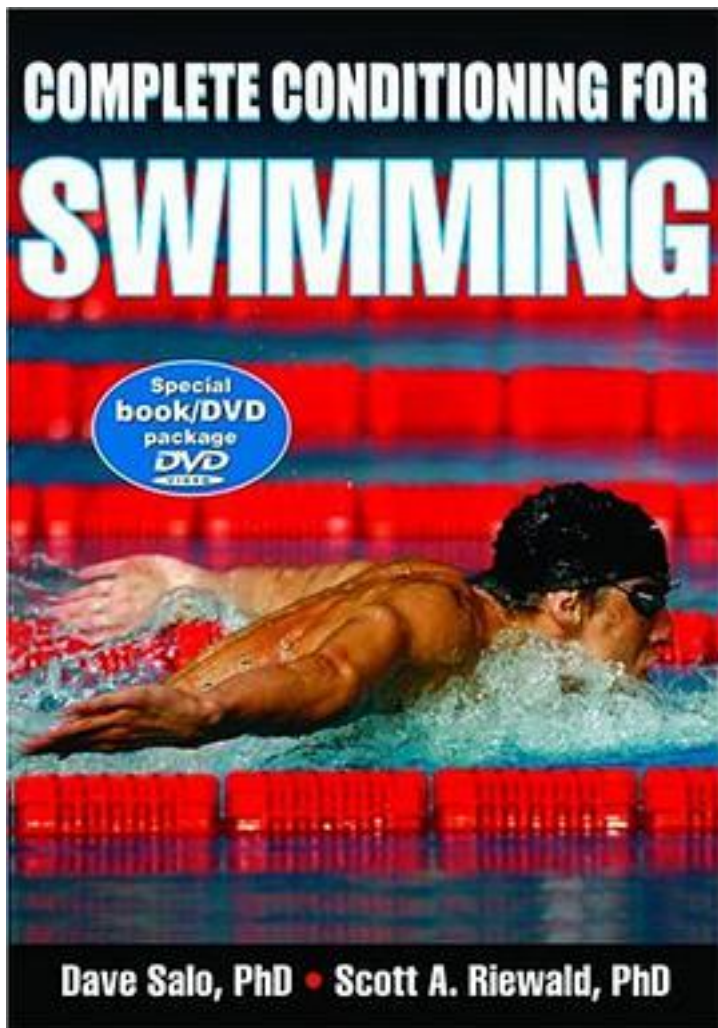


Complete Conditioning for Swimming



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From more powerful strokes to quicker turns, propel yourself to improved times with

Complete Conditioning for Swimming.

This multidimensional training program uses fitness assessments to tailor strength, endurance, and flexibility exercises to each swimmer's individual needs.

Dave Salo, coach of Olympic medalists Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak, and Scott Riewald, performance specialist for the U.S. Olympic Committee, have teamed up to create a comprehensive program that provides you with the following tools to improve your times:

Exercises and drills for each stroke

Event-based workouts and programs

Dryland training

Tapering for peak performance

Year-round conditioning plans

Nutrition before, during, and after swim meets

In addition, the DVD takes you to the pool and into the gym to demonstrate the drills and exercises used by the sport's elite. Complete Conditioning for Swimming is simply the best guide to preparing your body for competitive success.

作者介绍:

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