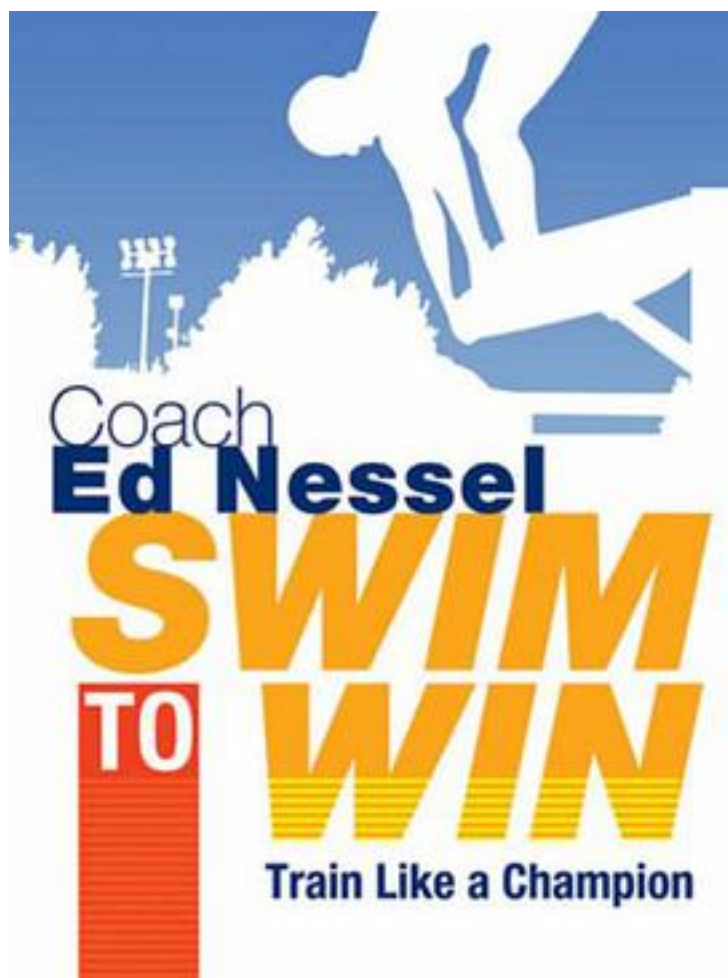


Swim to Win



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著者:Nessel, Ed

出版者:

出版时间:2008-7

装帧:

isbn:9781402732560

Swimmers of all ages and abilities will find this illustrated guide a key reference to the art and technique of the sport. Acclaimed Masters Coach Ed Nessel, who holds

advanced degrees in biochemistry and physiology, offers valuable insight into the science of swimming, including nutrition, the body's adaptation to vigorous exercise, the proper balance of training (both in and out of the pool) with rest and recovery and keys to staying healthy. Plus he covers the fine points of each stroke: freestyle, backstroke, breaststroke, butterfly and individual medley are each covered in individuals chapters and race skills also receive close attention. Detailed line drawings, charts and tables, anecdotes and a year's training cycle for competitive swimmers make this a must for anyone headed into the pool.

作者介绍:

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