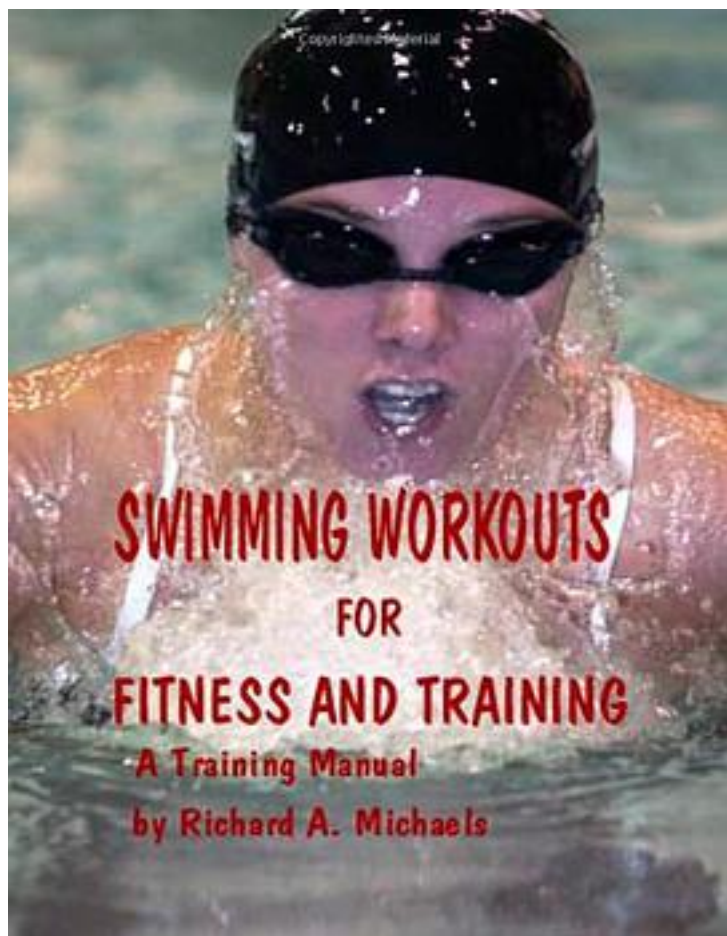


Swimming Workouts For Fitness and Training



[Swimming Workouts For Fitness and Training_下载链接1](#)

著者:Michaels, Richard

出版者:

出版时间:2008-3

装帧:

isbn:9780615200590

A swimming training manual for masters swimmers, triathletes, and swimmers-for-fitness. Take a swim test that evaluates your swimming ability and fitness level, and then on to 30 workouts that fit your current level. After 30 sessions,

retake the swim test to see if you have improved enough to move up to the next level of slightly more demanding workouts. Workouts are appropriate from beginners to high level swimmers. Instructions on basic things like how to adjust and wear goggles so they don't leak, choosing training suits, racing suits, and equipment for your workouts. There are 60 workouts at each of the 5 levels, plus a set of 30 more advanced workouts. Additionally, several pages are devoted to favorite distance sets.

作者介绍:

目录:

[Swimming Workouts For Fitness and Training_ 下载链接1](#)

标签

评论

[Swimming Workouts For Fitness and Training_ 下载链接1](#)

书评

[Swimming Workouts For Fitness and Training_ 下载链接1](#)