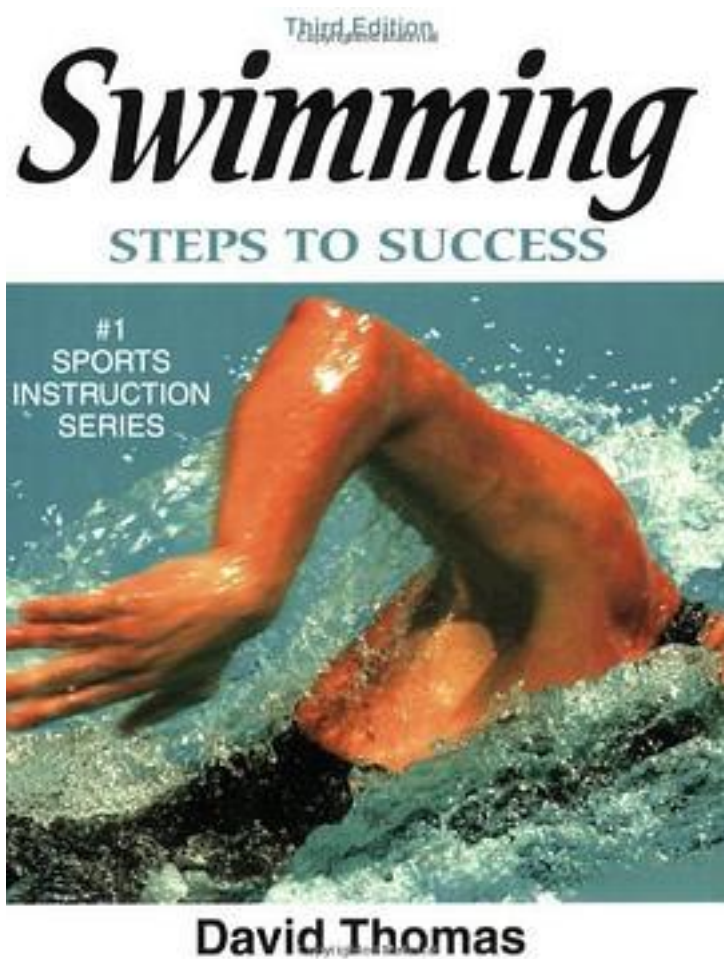


Swimming



[Swimming_下载链接1](#)

著者:Lynn, Alan

出版者:

出版时间:2007-12

装帧:

isbn:9781847970084

Presented by Scottish and GB National Team Coach, Alan Lynn, this DVD looks at the four strokes in turn, introducing the main features of each before explaining the key

points of technique important to improving your swimming. Alan explains stroke drills to practise, gives tips to improve performance and highlights good behaviour for training and competition. He also illustrates the crucial racing skills and turns for each stroke and for the individual medley.

作者介绍:

目录:

[Swimming_下载链接1](#)

标签

评论

[Swimming_下载链接1](#)

书评

[Swimming_下载链接1](#)