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[The science of winning](#) - Jan Olbrecht 2015-04-01

It's very rare that a book can mean so much for professional sporting; Prof. Dr. Jan Olbrecht's book does! - He has a Ph. D. in physiology and biomechanics and is training adviser to numerous world class athletes - His method is based upon careful planning and a unique method of lactate testing to assess and optimize the athlete's conditioning and potential - His book should be considered as a manual for the modern coach who wants to know before planning and periodizing what kind of conditioning adaptations he may expect - It provides knowledge and shares experience in a very understandable and applicable to every training situation - It advances some new important concepts, most notably that training at anaerobic threshold speeds is not the most effective way to improve aerobic endurance and that aerobic and anaerobic metabolism must be developed to optimum, not maximum, levels in order to perform well in competition. (Based on refined outcomes following a re-analysis of the characteristics of anaerobic capacity exercises, some changes have been made regarding their description for long distance swimmers in comparison with previous publications (see Classification of Training Exercises).

Get Wet, Get Fit - Megan Quann Jendrick 2008-01-01

Two-time Olympic gold medalist Megan Quann Jendrick and her husband and personal trainer offer a complete training regimen -- including a diet program -- that will enable everyone to achieve the body of their dreams through swimming. Elite-level swimmers share a common trait -- their toned, shapely bodies. Get Wet, Get Fit shows how anyone, regardless of age or size, can use swimming to get into the best condition of their lives. The Jendricks offer detailed instructions along with underwater photographs that illustrate how to achieve proper form and technique for the four basic strokes -- backstroke, breaststroke, butterfly, and freestyle. But unlike the average training manual or how-to book, Get Wet, Get Fit also provides: Training regimens for everyone from beginners to Olympic-level competitors, including dynamic drills for strengthening, fat loss, and endurance Physique-building workout routines (with and without weights) for dry land A complete diet plan, including tempting recipes and menus (swimmers need carbohydrates, so this is a diet to love) Tips from world-class swimmers Low impact and gentle on the joints, swimming is one of the most enjoyable and exhilarating ways to exercise, but Get Wet, Get Fit shows how it can also be one of the most effective ways to get your body into top shape.

Swim Smooth - Paul Newsome 2012-06-15

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style. _x000D_ The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. _x000D_ Swim efficiently. Swim fast. Swim Smooth.

[World Book of Swimming](#) - Ludovic Seifert 2011

Before 1970, scientific research in swimming was poor and anecdotal, and the improvements of

performance were linked firstly to the swimmer's experience and, secondly, as a result of permanent research for speed. Before and after the Second World War, scientific studies were conducted by pioneers and marked the beginning of research in stroke mechanics and swimming physiology exercise. This book reviews research on the body of knowledge available for the improvement of sports coaching and training practice in swimming, which seems to be relevant, numerous, and diversified enough to help swimming coaches bridge the gap between theory and practice.

The Brave Athlete - Simon Marshall, PhD 2017-06-16

The Brave Athlete solves the 13 most common mental conundrums athletes face in their everyday training and in races. You don't have one brain—you have three; your ancient Chimp brain that keeps you alive, your modern Professor brain that navigates the civilized world, and your Computer brain that accesses your memories and runs your habits (good and bad). They fight for control all the time and that's when bad things happen; you get crazy nervous before a race, you choke under pressure, you quit when the going gets tough, you make dumb mistakes, you worry about how you look. What if you could stop the thoughts and feelings you don't want? What if you could feel confident, suffer like a hero, and handle any stress? You can. The Brave Athlete from Dr. Simon Marshall and Lesley Paterson will help you take control of your brain so you can train harder, race faster, and better enjoy your sport. Dr. Marshall is a sport psychology expert who trains the brains of elite professional athletes. Paterson is a three-time world champion triathlete and coach. Together, they offer this innovative, brain training guide that is the first to draw from both clinical science and real-world experience with athletes. That means you won't find outdated "positive self-talk" or visualization gimmicks here. No, the set of cutting-edge mental skills revealed in The Brave Athlete actually work because they challenge the source of the thoughts and feelings you don't want. The Brave Athlete is packed with practical, evidence-based solutions to the most common mental challenges athletes face. Which of these sound like you? · Why do I have thoughts and feelings I don't want? · I wish I felt more like an athlete. · I don't think I can. · I don't achieve my goals. · Other athletes seem tougher, happier, and more badass than me. · I feel fat. · I don't cope well with injury. · People are worried about how much I exercise. · I don't like leaving my comfort zone. · When the going gets tough, the tough leave me behind. · I need to harden the f*ck up. · I keep screwing up. · I don't handle pressure well. With The Brave Athlete: Calm the F*ck Down and Rise to the Occasion, you can solve these problems to become mentally strong and make your brain your most powerful asset.

Swim Like a Pro - Fares Ksebati 2021-05-10

Swim Like A Pro is the most comprehensive guide for swimmers looking to improve their performance and health!Fares Ksebati is one of the most trusted swim coaches in the world and has created a proven training program that has helped hundreds of thousands of swimmers improve their stroke technique and swim more efficiently.Swim Like A Pro uses a holistic approach to help you swim faster with less effort and with more enjoyment. If you're just getting started in your swimming journey, this couldn't be a better time to start!The resources in this book in this book and the online course will not only expose you to the fundamentals of technique training but also the world of strength and conditioning, nutrition, and injury prevention. Swim Like A Pro will offer you:- A Fresh Perspective On Swimming- A Deeper Understanding of Stroke Technique and Training- A Strategy to Set SMART Swimming Goals- A Holistic Approach To Swim Smarter: Nutrition, Dryland, and Mental Training- A Series of Inspiring StoriesAre you ready to swim faster

and smarter than ever before? Take action towards your goals, and order Swim Like A Pro now!! ONLINE COURSE: Swim Like A Pro offers an online video course that includes swim drills, workouts, links to additional video content and an exclusive Q&A section that will grow over time. swimlikeapro.com Every chapter has a corresponding video(s) and section in the online course. You'll be able to see and hear my explanation for each concept and stroke technique in this book. Seeing a visual representation of each concept can make all the difference in how fast you make progress. The online course has bonus video sections, a swim workout template, and interviews with swimmers who have lost weight, completed ironmans, and even won Olympic Medals! While the online video course is not required, it's highly encouraged.

How to Be Fit - Robert Kiphuth 1962-12-11

The maintenance of our physical fitness is a matter of national concern, from the President's Council on Youth Fitness to our private efforts to preserve youthful proportions. Coach Kiphuth has been campaigning since the beginning of World War II for improvement in the standards of physical fitness for adults, both men and women. This new edition of How to Be Fit includes a section of exercises for men, one for women, and a section of exercises to be performed by two men together. The instructions make clear not only how but why each exercise is to be done and what benefits will result from its practice. New drawings illustrate the correct form for every movement.

The Handbook of Sports Medicine and Science - Joel M. Stager 2008-04-30

The long awaited new edition of Swimming updates the highly successful first edition edited by Costill, Maglishco and Richardson which was published in the early 1990s. The Second Edition contains less material on how to swim and more on the physics of swimming. It contains information on the latest methods of analyzing swim performances. It presents current sports science knowledge specifically relevant to coaching swimmers at club, county or national level. Covering characteristics of swimming including important concepts in propulsion, functional anatomy, physiology, biochemistry, biomechanics and psychology. The Handbooks of Sports Medicine and Science present basic clinical and scientific information in a clear style and format as related to specific sports events drawn from the Olympic Summer and Winter Games. Each Handbook is written by a small team of authorities co-ordinated by an editor who has international respect and visibility in the particular sport activity. Their charge is to present material for medical doctors who work with athletes, team coaches who have academic preparation in basic science, physical therapists and other allied health personnel, and knowledgeable athletes. Each volume represents up-to-date information on the basic biology of the sport, conditioning techniques, nutrition, and the medical aspects of injury prevention, treatment, and rehabilitation.

Sport Safety Training - American Red Cross 1997-01-01

Swimming Anatomy - Ian A. McLeod 2009-10-22

See how to achieve stronger starts, more explosive turns, and faster times! Swimming Anatomy will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. Swimming Anatomy includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. Swimming Anatomy goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, Swimming Anatomy will ensure you enter the water prepared to achieve every performance goal.

Swim Speed Secrets for Swimmers and Triathletes - Sheila Taormina 2012-05-01

In Swim Speed Secrets, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a

student of the sport, studying the world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. Swim Speed Secrets focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. Swim Speed Secrets includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's Swim Speed Secrets brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

Science of Swimming Faster - Scott A. Riewald 2015-06-25

In a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret—just science. Science of Swimming Faster is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource: • An easily understood repository of swimming research • Insights distilled from great sport and exercise scientists, coaches, and swimmers • A do-it-right reference for a host of techniques and tactics • The most credible and widely used training principles and programs • An analysis identifying key factors contributing to elite and world-record swimming performance • An insider's access to the strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world's most successful swimmers. With editors Scott Riewald and Scott Rodeo and a who's-who list of international experts on the sport, Science of Swimming Faster offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

Sport and Exercise Physiology Testing Guidelines: Volume I - Sport Testing - Richard Davison 2022-03-23

Since its first published edition more than 30 years ago, the BASES (British Association of Sport and Exercise Sciences) Physiological Testing Guidelines have represented the leading knowledge base of current testing methodology for sport and exercise scientists. Sport and exercise physiologists conduct physiological assessments that have proven validity and reliability, both in laboratory and sport-specific contexts. A wide variety of test protocols have been developed, adapted and refined to support athletes of all abilities reach their full potential. This book is a comprehensive guide to these protocols and to the key issues relating to physiological testing. With contributions from leading specialist sport physiologists and covering a wide range of mainstream sports in terms of ethical, practical and methodological issues, this volume represents an essential resource for sport-specific exercise testing in both research and applied settings. This new edition draws on the authors' experience of supporting athletes from many sports through several Olympic cycles to achieve world leading performances. While drawing on previous editions, it is presented in a revised format matching the sport groupings used in elite sport support within the UK sport institutes. Building on the underpinning general procedures, these specific chapters are supported by appropriate up-to-date case studies in the supporting web resources.

Swimming - Scott Bay 2016-02-09

Be confident in the pool or open water with Swimming: Steps to Success. This proven program will help you master these techniques: • Freestyle • Backstroke • Breaststroke • Butterfly • Starts and Turns • Open Water • Survival Swimming Step-by-step instruction and full color photos show basic arm and leg movements along with proper body position for each skill. Drills reinforce the instruction and help you practice each stroke. There's even a scoring system for gauging success and determining readiness to advance to new skills. Whether you're instructing, learning to swim, or looking to improve your aquatic

skills, *Swimming: Steps to Success* will let you develop at your own pace. Part of the highly successful Steps to Success Sport Series with more than 1.6 million copies sold, it's your guide to in-water excellence.

Relentless Spirit - Missy Franklin 2016

The four-time Olympic Gold medalist and her parents trace the inspirational story of how she became both a legendary athlete and a happy and confident woman, achievements that were accomplished by doing things their own way and making the right choices for their family. --Publisher's description.

Workouts - For Swimmers and Triathletes - Sheila Taormina 2019

In *Swim Speed Workouts*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina provides the essential swimming instruction, workouts, drills, and training plan to build all-new levels of freestyle swimming speed. *Swim Speed Workouts* applies the principles of Taormina's influential swim technique book *Swim Speed Secrets* so swimmers and triathletes can get in the pool and get fast. Drawing from her 30-year racing and coaching career, Taormina's *Swim Speed* program is carefully designed to build freestyle swim speed one crucial step at a time. Over 16 weeks, swimmers and triathletes will swim high-impact workouts to build whole-body swimming fitness. Each waterproof swim workout card incorporates the Olympic swimming drills, kick sets, and drylands that develop speed in the world's fastest swimmers. Swimmers will refine their freestyle with the most effective hand entry, high-elbow catch, underwater pull, core drive, and propulsive kick. *Swim Speed Secrets* revealed the freestyle technique used by the world's fastest swimmers. Now *Swim Speed Workouts* unlocks those secrets to swimming performance, building up swimmers and triathletes to breakthrough swim speed. Also available from VeloPress, download the first week of workouts and see video demos of the program's swimming drills.

Swimming Science - John G. Mullen 2018-04-12

Just one hundredth of a second separates elite swimmers from the podium, but what are the physical forces at work behind these tiny margins, and how can an understanding of them be used to improve your own technique in the pool? *Swimming Science* investigates, with each chapter focussing on a different area. From swimming technology, physiology, and psychology to hydrodynamics, the key principles of swimming science are addressed, with the content organised around a series of questions. What creates the drag in the water? How have swim suits evolved? Which muscles generate propulsion? How much force do elite swimmers use? Each question is investigated using up-to-date science and explanatory info-graphics.

Championship Swimming - Tracey McFarlane-Mirande 2005-08-11

From an Olympic medalist, a proven, step-by-step program for helping you swim your best. Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, *Championship Swimming* brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best. With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features: Step-by-step drills for improved strokes and more enjoyable workouts Tips on how to eliminate "drag" Techniques for swimming more powerfully with less effort Dry-land exercises Easy-to-follow illustrations From intermediate to competitive swimming, *Championship Swimming* is sure to improve the quality of every swim, whether for leisure, exercise, or going for the gold.

The Biology of Swimming - Karl Hamouche 2019-03

- Learn about how your swimming machine works- Understand why you feel the way you do in practice- Over 300 illustrations to help you grasp the tough concepts Don't be afraid! This is not biology class, this is swimming class. Your body is a Swimming Machine with a lot of moving parts. Knowing how these all work can help you understand why you feel the way you do at practice, why you train the way you do, and why you race the way you do. Complicated exercise science is translated into simple "picture book" format by Swim Smart founder Karl Hamouche, MD. "Karl's book has helped me understand and even enjoy the very difficult topic of human physiology. I laughed (who knew Glycolysis could be funny?) and I continue to refer to various chapters throughout the season for support and clarification. Karl explains the complexity of the human body in clear, simple language that helps both coaches and athletes get straight to the point: "How can I go fast!?!". For example, last summer I read the Taper chapter to my group three weeks before our big meet and we had the most drama free Taper I've ever been a part of. We had a common language and noticed and named every stage along the way, and this helped all of us feel confident in the process and

normalized the sensations that generally trigger uncertainty and doubt. We're doing the same thing with energy systems and I've never had more buy-in with both specific sets and overall cycles because we've got clarity around their purpose. Thank you, Karl, your book has helped me be a better coach!" - Megan Oesting, ASCA Coach of the year 2019, head coach of Eastern Iowa Federation and founder of MOSTswimtech.

Science of Swimming Faster - Riewald, Scott 2015-06-01

Editors Riewald and Rodeo assemble many of the world's leading swimming experts to reveal the latest in research, technology, training, and performance across the sport. Authoritative and applicable, *Science of Swimming Faster* dives into the physiology, biomechanics, medicine, psychology, and training for swim performance while providing prescriptive advice along the way.

The Swim Coaching Bible - Dick L. Hannula 2012-04-09

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport's legendary instructors, *The Swim Coaching Bible* immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! *The Swim Coaching Bible, Volume II*, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: • Jack Bauerle • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbancheck • Bill Rose • Vern Gambetta • David Durden • Brett Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, *The Swim Coaching Bible, Volume II*, is a must-own.

Strength Training for Faster Swimming - Blythe Lucero 2011

In order to enhance your performance, swimming alone is not enough. An effective strength training is crucial if you want to improve your swimming times. This book shows you what types of strength training benefit swimming and how to develop a winning routine. It includes swim-specific strength- training and lots of sample workouts.

Complete Conditioning for Swimming - Dave Salo 2008

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 Rebecca Soni, Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak, and Scott A. 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 80-minute 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.

The Language of Coaching - Nicklaas C. Winkelman 2020-04-21

Try to recall the best coach you've ever had. Consider what differentiated them from other coaches; what made them so effective? Was it their knowledge and programming, or did it come down to the way they communicated with you and the way they made you feel? While the former are critical, it is a coach's words that set them apart from the rest. *The Language of Coaching* focuses on the impact that communication has on an individual's ability to learn and perform a movement. Written by performance coach Nick Winkelman, the book examines how instruction, feedback, and cueing can significantly affect training outcomes. Grounded in motor learning and the science of attentional focus, Winkelman takes you on a journey, guiding you through practical coaching frameworks that will help you adapt your language to the learning needs of those you support. Packed with stunning visuals, the book provides over 25 movement sequences

that outline different types of coaching cues, including a visual depiction of unique analogies, such as a sprinter taking off like a jet or an athlete loading into a jump like a spring. The book is filled with a comprehensive collection of cueing frameworks that guide you through the process of creating your own cues for any movement you want to teach. You will also learn how to engage in more productive conversation with your athletes through sample dialogue that uses the book's cueing philosophy. Whether you are new to coaching or a seasoned veteran, *The Language of Coaching* will help you grow as a communicator and learn how to coach the person with the same precision as you do the program. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Language of Coaching Online CE Exam may be purchased separately or as part of The Language of Coaching With CE Exam package, which includes both the book and the exam.

Foundations of Strength Training for Swimmers - Deniz Hekmati 2020-10-29

Swimming is among the most physically demanding sports on the planet, involving endless hours of grueling training. Intensity and volume often overrule other critical aspects of performance, like preparing the body to withstand such taxing work. As a result, swimmers suffer from more overuse injuries than almost all other athletes. It does not have to be this way. Success in the pool means taking into account all aspects of training. With this book, Deniz Hekmati takes a deep dive into how strength training and recovery impact performance for swimmers of all ages, ranging from complete novices to Olympians. His science-based solutions will challenge your views on the relationship between strength training and fast swimming. This book is for all the swimming enthusiasts who realize that they themselves hold the keys to their own success. It is for the coaches who are passionate about making swimmers faster and addressing their injuries. And it is for the devoted swimmer parent looking to understand the sport and set their child up for success and good health.

The Ultimate Guide to Weight Training for Swimming - Robert G. Price 2003-01-01

Swimming Science - G. John Mullen 2018-07-27

Swimming is often touted as one of the most accessible workouts—low impact, low tech, and beneficial at any stage of life. Yet each time you suit up and dive in, your body's moving parts must work together to propel you through dozens of pounds of water resistance, somehow emulating the movements of species that evolved specifically for the water. What are the physical forces at work when you get in a pool, and what determines whether you will sink or swim? Writing to competitive and novice swimmers alike, contributors to this volume break down every aspect of the sport. *Swimming Science* covers physiology, psychology, and safety, as well as hydrodynamics, nutrition, and technique. Each chapter examines these topics through a series of practical questions. What are the forces acting on you when you swim, and how do your muscles best generate propulsion against those forces? How much protein, salt, and iron should a swimmer consume, and how does energy from carbohydrates compare to energy from fats? How important is the "swimmer's physique" in competitive swimming, and is technique or strength more necessary for generating speed? These questions are examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview. Whether you are a competitive swimmer looking to optimize your performance or just beginning to dip a toe into the sport, *Swimming Science* is a must-read.

[The Golden Rules](#) - Bob Bowman 2016-05-17

Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by. Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following *The Golden Rules*, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Simple Swims - Celeste Ann St Pierre 2020-08-05

Effortless swimming is simple, but it takes effort in the form of purposeful practices with deliberate attention to experience it. No matter why you swim—for fitness, competition, or triathlon—*Simple Swims* will empower you with the skills, stability, and understanding you need to swim your best for life. Swim practices, dry land work, mindful practices and more for beginner to advanced swimmers who want something different AND comprehensive.

SprintSalo - David C. Salo 1989

Developing Power - National Strength & Conditioning Association 2017-06-01

Authored by the National Strength and Conditioning Association, *Developing Power* is the definitive resource for developing athletic power. With exercises and drills, assessments, analysis, and programming, this book will elevate power and performance in all sports.

Swim Like A Pro - Fares Ksebati 2021-02-23

Swim Like A Pro is the most comprehensive guide for swimmers looking to improve their performance and health! Fares Ksebati is one of the most trusted swim coaches in the world and has created a proven training program that has helped hundreds of thousands of swimmers improve their stroke technique and swim more efficiently. *Swim Like A Pro* uses a holistic approach to help you swim faster with less effort and with more enjoyment. If you're just getting started in your swimming journey, this couldn't be a better time to start! The resources in this book and the online course will not only expose you to the fundamentals of technique training but also the world of strength and conditioning, nutrition, and injury prevention. *Swim Like A Pro* will offer you: - A Fresh Perspective On Swimming- A Deeper Understanding of Stroke Technique and Training- A Strategy to Set SMART Swimming Goals- A Holistic Approach To Swim Smarter: Nutrition, Dryland, and Mental Training- A Series of Inspiring Stories Are you ready to swim faster and smarter than ever before? Take action towards your goals, and order *Swim Like A Pro* now!! ONLINE COURSE: *Swim Like A Pro* offers an online video course that includes swim drills, workouts, links to additional video content and an exclusive Q&A section that will grow over time. swimlikeapro.org Every chapter has a corresponding video(s) and section in the online course. You'll be able to see and hear my explanation for each concept and stroke technique in this book. Seeing a visual representation of each concept can make all the difference in how fast you make progress. The online course has bonus video sections, a swim workout template, and interviews with swimmers who have lost weight, completed Ironmans, and even won Olympic Medals! While the online video course is not required, it's highly encouraged. TESTIMONIALS: "As a former professional swimmer, I understand how important proper technique training is to reaching your goals. *Swim Like A Pro* makes swimming accessible to beginners while also helping seasoned athletes reach their full potential. The online video course helps you visualize the correct technique in order to swim faster with less effort." - Peter Vanderkaay, 3x Olympian, 4x Olympic Medalist "Fares translated his passion and enthusiasm for swimming into the user-friendly app that is MySwimPro. Whether you are looking to swim for fitness or train for the English Channel the holistic approach and vast library of dryland videos, technique tips, and workouts will help you accomplish your goal. Be ready to find a new love for swimming and the water!" - Catherine Breed, 4x Open Water Record Holder, 2x Pan American Gold Medalist "Swim Like A Pro is a MUST read for any triathlete looking to improve their swimming technique and training! Fares has helped thousands of swimmers and triathletes of all ages and abilities reach their full athletic potential. This book offers the perfect entry point for someone looking to take their swimming to the next level!" - Mitch Thrower, 23x Ironman, 11x Ironman World Championships ABOUT THE AUTHOR: Fares Ksebati is an entrepreneur, swimmer, coach, and mentor, helping people turn their dreams into a reality. He has been featured by Apple, Forbes, Sports Illustrated and Men's Health. Fares is the Co-Founder of MySwimPro, World Swim Day, and multiple business ventures that have impacted millions of people around the world. Fares is an avid world traveler and keynote speaker. He is a Bosphorus Cross-continental swimmer, and three time U.S. Masters Swimming individual national champion. His goal is to inspire and empower others to take action on their dreams. He advocates for a growth mindset and continuous self-improvement! Follow Fares on social media @FaresKsebati.

Athletic Development - Vern Gambetta 2007

Athletic Development offers a rare opportunity to learn and apply a career full of knowledge from the best. World-renowned strength and conditioning coach Vern Gambetta condenses the wisdom he's gained through more than 40 years of experience of working with athletes across sports, age groups, and levels of competition, including members of the Chicago White Sox, New York Mets, and U.S. men's 1998 World Cup soccer team. The result is an information-packed, myth-busting explanation of the most effective methods and prescriptions in each facet of an athlete's physical preparation. Gambetta includes never-before-published and ready-to-use training approaches in - sport-specific demands analysis, - work capacity enhancements, - movement skills development, - long- and short-term training program progressions, and - rest and regeneration techniques. Athletic Development explains what works, what doesn't, and why. Gambetta's no-nonsense approach emphasizes results that pay off in the competitive season and reflect his work at the highest echelons of sport. Merging principles of anatomy, biomechanics, and exercise physiology with sports conditioning applications and four decades of professional practice, this is the definitive guide to performance-enhancing training.

80/20 Triathlon - Matt Fitzgerald 2018-09-18

A breakthrough program for triathletes -- beginner, intermediate, and advanced -- showing how to balance training intensity to maximize performance -- from a fitness expert and elite coach. Cutting-edge research has proven that triathletes and other endurance athletes experience their greatest performance when they do 80 percent of their training at low intensity and the remaining 20 percent at moderate to high intensity. But the vast majority of recreational triathletes are caught in the so-called "moderate-intensity rut," spending almost half of their time training too hard--harder than the pros. Training harder isn't smarter; it actually results in low-grade chronic fatigue that prevents recreational athletes from getting the best results. In 80/20 Triathlon, Matt Fitzgerald and David Warden lay out the real-world and scientific evidence, offering concrete tips and strategies, along with complete training plans for every distance-- Sprint, Olympic, Half-Ironman, and Ironman--to help athletes implement the 80/20 rule of intensity balance. Benefits include reduced fatigue and injury risk, improved fitness, increased motivation, and better race results.

Total Immersion - Terry Laughlin 2012-03-13

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: · A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably · A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable · Simple but thorough guidance on how to improve fitness and form · A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

Eat Right, Swim Faster - Abby Knox 2017-02-22

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an

abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author—a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they're receiving the smartest, most up-to-date information on the foods and drinks that will serve them—and their swimming performance—best.

Developing Swimmers - Michael Brooks 2019-07-16

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. Developing Swimmers is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. Developing Swimmers will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, Developing Swimmers covers it all. It is the guide every coach should have on the shelf. With Developing Swimmers, you will improve the performance of your swimmers—and your entire team.

Coaching Swimming Successfully - Dick Hannula 2003

Coaching foundation - Stroke technique - Coaching plans - Meets - Evaluation.

Concurrent Aerobic and Strength Training - Moritz Schumann 2018-10-31

This book provides an extensive guide for exercise and health professionals, students, scientists, sport coaches, athletes of various sports and those with a general interest in concurrent aerobic and strength training. Following a brief historical overview of the past decades of research on concurrent training, in section 1 the epigenetic as well as physiological and neuromuscular differences of aerobic and strength training are discussed. Thereafter, section 2 aims at providing an up-to-date analysis of existing explanations for the interference phenomenon, while in section 3 the training-methodological difficulties of combined aerobic and strength training are elucidated. In section 4 and 5, the theoretical considerations reviewed in previous sections will then be practically applied to specific populations, ranging from children and elderly to athletes of various sports. Concurrent Aerobic and Strength Training: Scientific Basics and Practical Applications is a novel book on one of the "hot topics" of exercise training. The Editors' highest priority is to make this book an easily understandable and at the same time scientifically supported guide for the daily practice.

How To Dryland Train For Swimming - HowExpert 2011-03-16

If you want to train swimming without dipping into the water and without getting expose to sunlight, then you need to grab a copy of this "How To Dryland Train For Swimming" guide. In this step-by-step guide you will be able to reap the following benefits: - Learn how to swim easily and quickly at the comfort of your own home. - Practice swimming without getting wet and sunburns. - Learn how to swim without worrying of getting your skin exposed to the heat of the sun. - Learn the different core exercises in relation to the 4 swimming strokes. - Perform proper stretching exercises and positions before starting the training. - Learn how to strengthen your power,agility and endurance. - Discover techniques on how to boost the power of your leg and upper body. - Perform Stretch Cordz exercises to develop swimming movements. - See proper positions in doing routines. - And much more. HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.