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## Mastering Swimming

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By Jim Montgomery, Mo Chambers

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Mastering Swimming, Jim Montgomery, Mo Chambers, Trim seconds off your time, train more efficiently, or simply maximize your fitness workouts with "Mastering Swimming". Renowned coaches Jim Montgomery and Mo Chambers have teamed up to create the ultimate swimming guide for masters athletes. Swimmers aged 18 to 120 will benefit from a targeted approach that covers these essentials stroke instruction and refinement for freestyle, breaststroke, backstroke, and butterfly with workout plans for fitness and competition training for open-water swimming and triathlon and second-saving starts and turns. In addition, "Mastering Swimming" covers equipment, dry land training, motivational strategies, and guidance for selecting a masters coach or program. With such complete coverage, it's the one resource you'll turn to time and again for a lifetime of serious swimming.



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