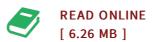




## **Mastering Swimming**

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.



## Reviews

Extremely helpful for all class of people. We have read through and that i am confident that i am going to going to read through again again down the road. Its been designed in an exceedingly basic way in fact it is simply following i finished reading this pdf in which in fact altered me, alter the way i think.

-- Noel Stanton

Absolutely one of the best pdf We have ever read. I really could comprehended every little thing using this written e book. I am easily could get a satisfaction of reading a written publication.

-- Dr. Odie Hamill