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100 Best Swimming Drills : Blyth Lucerno : 9781841263373

"Strength Training for Faster Swimming" is her fifth book, following the three book series "Coach Blythe's Swim Workouts", the successful book "The 100 Best Swimming Drills" published in 2007, and "Masters Swimming - A Manual" published in 2006.

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For these reasons, swimming drills have become a fundamental part of training at all levels of the sport. Drill practice is a swimmer's primary tool in developing better stroke technique. Drills allow a swimmer to concentrate on a single aspect of a stroke at one time. By providing specific, repetitive practice, and immediate feedback, drills teach a swimmer to maximize efficiency while

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Lucerno THE 100 BEST SWIMMING DRILLS Blythe Lucerno has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley
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Underwater and surface photographs give swimmers optimal images to emulate as they practice. 100 More Swimming Drills is an excellent resource for coaches and swimmers at any level in the quest for better swimming.

100 More Swimming Drills follows the successful Strength Training for Faster Swimming published in 2011, the three book series Technique Swim Workouts, The 100 Best Swimming Drills

100 Swimming Workouts - Official Site

The open water swimming includes many of the swimming drills used in the triathlon workouts, but the open water workouts also include long distance training. Obviously the best training for open water swimming is actually swimming in open water.

The 100 Best Swimming Drills - Blythe Lucero - Google Books

Good swimming is all about moving through the water with the utmost efficiency. However, it is often difficult to isolate a technique problem through simply swimming laps. For this reason, drills are a fundamental part of training at all levels. *100 Best Swimming Drills* presents readers with the most effective drills drawn from more than 20...

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