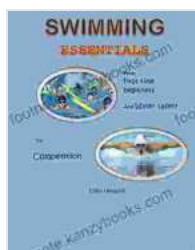


Unlock Your Swimming Potential with "Swimming Essentials With Videos"

Master the Art of Swimming with Our Comprehensive Guide

Are you ready to dive into the world of swimming? Whether you're a beginner eager to take the plunge or an experienced swimmer looking to refine your skills, our book "Swimming Essentials With Videos" is your ultimate companion.

This comprehensive guide is packed with expert insights, detailed instructions, and exclusive videos that will empower you to excel in the water. From essential breathing techniques to advanced stroke mechanics, we've got you covered every step of the way.



Swimming Essentials: A Book With Videos

by Gail Weatherill RN CAEd

★★★★☆ 4 out of 5

Language : English
File size : 6760 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 156 pages
Lending : Enabled

FREE

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Experience the Power of Visual Learning

Videos are the secret weapon for effective swimming instruction. With our accompanying videos, you can witness firsthand the techniques of skilled swimmers and gain a deeper understanding of each concept.

Our videos are not merely passive demonstrations but interactive learning tools. Pause, rewind, and repeat sections at your own pace, allowing you to master each technique with ease.

Unlock the Secrets of Beginner Swimming

For those new to the water, our book provides a solid foundation in swimming fundamentals. We'll guide you through:



- Safely entering the water
- Overcoming your fear of water
- Floating and basic breathing techniques

- Learning the front crawl, breaststroke, and backstroke

Elevate Your Skills with Intermediate and Advanced Techniques

Already comfortable in the water? Our book and videos will push your limits with intermediate and advanced techniques:



Advanced Swim Workout
Distance: 1 mile (1350 yds), 66 laps total!

- 15s** warm-up:
freestyle, x12
kickboard, x8
pull stroke w/ paddles
and buoy, x4
- 100** any stroke, x4
negative split:
second 50 yds faster
than first 50
10 sec rest btwn 50s, 30
sec rest btwn 100s
- 75** x3
odd laps: fly, back, breast
even laps: back, breast, free
25 yds each
15 sec rest btwn 75s
- 50** sprint kick with fins, x2
10 sec rest btwn laps
- 1:00** all-out sprint swim,
one stroke or IM
no rest medley
- 25** freestyle, x5
easy cool down

- Refining your stroke mechanics

- Mastering competitive swimming drills
- Developing stamina and endurance

li>Setting and achieving swimming goals

Train Like a Pro with Our Expert Contributors

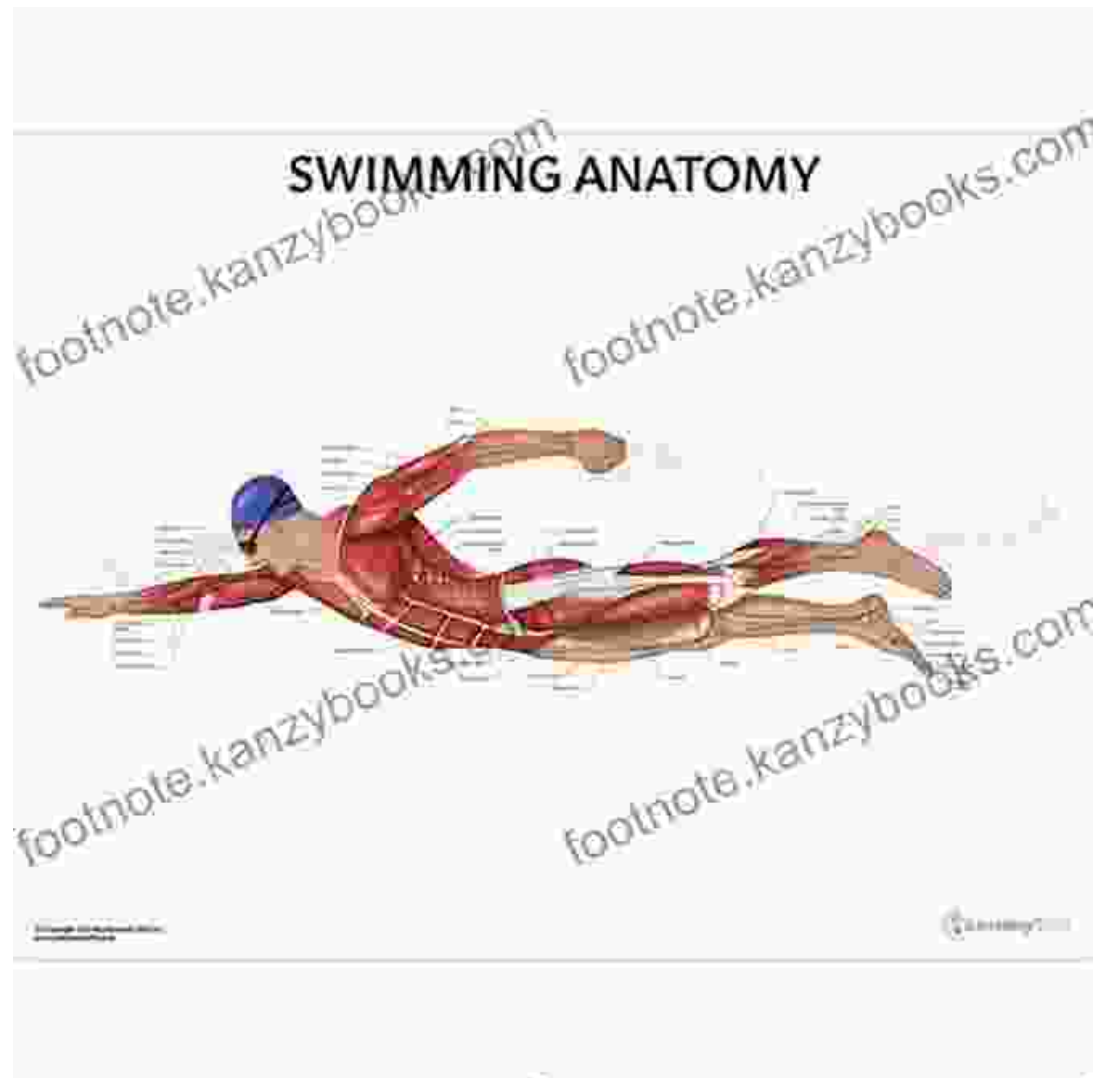
Our team of renowned swimmers and coaches provides firsthand insights and training strategies throughout the book. They share their secrets for success, helping you to:



- Avoid common mistakes
- Maximize your training sessions
- Recover properly from workouts
- Mental préparation techniques

Empower Yourself with In-Depth Knowledge

Beyond techniques and drills, "Swimming Essentials With Videos" offers a wealth of knowledge to enhance your understanding of swimming:



- Swimming anatomy and physiology
- Training plans and nutrition conseils
- Safety guidelines and injury prevention
- The history of swimming

Exclusive Bonus Materials

As a special bonus, you'll receive exclusive access to downloadable training plans, workout logs, and video demonstrations. These resources will help you stay motivated and track your progress as you embark on your swimming journey.

Free Download Your Copy Today and Dive into Success!

Unlock your swimming potential with "Swimming Essentials With Videos." Free Download your copy today and embark on a transformative journey towards swimming mastery. With our comprehensive guide and exclusive videos, you'll have everything you need to achieve your swimming goals and experience the joy of gliding through the water.

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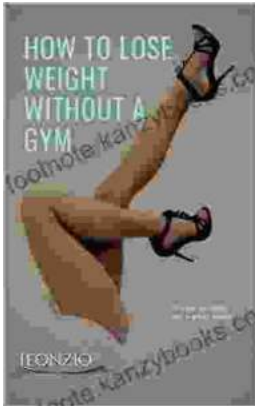
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