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## SHAPE UP!: 100 CONDITIONING SWIM WORKOUTS



Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, Shape Up!: 100 Conditioning Swim Workouts, Blythe Lucero, This is the second book in the series that contains 100 conditioning workouts that focus on building swimming capacity, with specific workouts for each of the competitive swimming strokes, and overall endurance. The workouts in this book use interval training, speed play, and stroke contrasting sets that total up to 3,500 yards/meters. Each workout is accompanied by a 'Tip of..

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- Authored by Blythe Lucero
- Released at -



Filesize: 5.93 MB

### Reviews

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*A brand new electronic book with a new standpoint. It is written in basic phrases rather than confusing. It has been designed in an extremely basic way which is merely right after I finished reading through this publication where basically altered me, change the way I believe.*

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