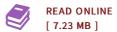




# Workouts in a Binder for Swimmers, Triathletes, and Coaches

By Eric Hansen

Velo Press. No binding. Book Condition: New. Spiral-bound. 101 pages. Dimensions: 7.0in. x 5.5in. x 0.6in.This waterproof book of 100 swimming workouts offers swimmers and triathletes a wide variety of structured workouts to improve swimming fitness, technique, and speed. Using all four competitive swim strokes (freestyle, breaststroke, backstroke, and butterfly), swimmers and triathletes will strengthen more of their swimming muscles than by swimming freestyle alone. Nationally recognized swimming coaches Nick and Eric Hansen offer 6 effective training plans to improve fitness and speed. Triathletes, masters, and collegiate swimmers will swim long-distance, middle-distance, sprint, IM, and stroke workouts to improve all swimming abilities. Choose between a standard A workout and a modified B workout, for those with less time or stamina. Spiral bound and printed on durable, waterproof cards, these swim workouts are specially designed to be used and abused at the pool. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Spiral-bound.



## Reviews

This ebook could be well worth a study, and superior to other. It really is basic but unexpected situations inside the 50 % of your ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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-- Mr. Allen Cassin

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Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Daddyteller: How to Be a Hero to Your Kids and Teach Them What's Really by Telling Them One Simple Story at a

 $Create space, United States, 2013. \ Paperback. \ Book Condition: New. \ 214 x 149 \ mm. \ Language: English. \ Brand New Book ***** Print on Demand ******. You have the power, Dad, to influence and educate your child. You can teach your child about a virtue or...$ 



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Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This isn t porn. Everyone always asks and some of our family thinks it is for sure. but it s not....



Cloverleaf Kids: Kids and adults alike will enjoy these hilarious stories and antics of me,my siblings and our friends growing up in a small town in . over & over and always got a good laugh.

CreateSpace Independent Publishing Platform. PAPERBACK. Book Condition: New. 1482737256 Special order direct from the distributor.



#### A Summer in a Canyon (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...