



Teach Yourself To Swim Advanced Workout Skills: In One Minute Steps (Volume 14)

By Dr. Pete Andersen

Trius Publishing, Inc. Paperback. Condition: New. 84 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. Do you swim laps for your health or competition? If yes, then this 85-page book will explain how to construct specificity workouts to train and condition your body. Physics and psychology of learning principles are applied to improve your knowledge, technique, efficiency, and pace to conserve your energy. Training methods such as interval and mental skills training for sprints, middle distance and distance events, goal setting, and workout logs provide more knowledge to enhance your skills and compete at an advanced level. Before you start you are advised to get checked out by your physician to handle any progressively increased workloads and let your body adapt to the stress. You will learn how to monitor your cardiovascular condition with heart rate checks during workouts. Use of various types of equipment like goggles, pull-buoys, hand paddles, and drag suits help you decide what works best for your training goals. Using your goggles you will learn self-correction skills applied to your visual, verbal, and kinesthetic or feeling cues with advanced floating and body streamlining skills to increase your propulsion. The benefit is that you don't have to pay...



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