

Book Description

Unlock the secrets to swimming success with 'Swimming Technique Training Competition Strategy'! This comprehensive guide covers everything from fundamentals to advanced techniques, training methods, and competition strategies. Whether you're a swimmer looking to improve your performance, a coach seeking to enhance your teaching, or a parent supporting your child's swimming journey, this book is your ultimate resource.

Inside, you'll discover:

- A thorough analysis of swimming technique, including the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly
- Detailed descriptions of essential drills and exercises to improve technique and speed
- Proven training methods for endurance, speed, and power development
- Effective race strategies and tactics to maximize performance
- Expert advice on nutrition, recovery, and mental preparation

With its clear explanations, step-by-step instructions, and wealth of illustrations, 'Swimming Technique Training Competition Strategy' is an indispensable guide for swimmers of all levels. Whether you're a beginner just starting out or an experienced competitor looking to reach the next level, this book has everything you need to succeed in the pool.

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About the Author

Colwin Humphrey is a former Olympic swimmer and world record holder. He has coached swimmers of all ages and abilities, from beginners to elite athletes. Humphrey is also the author of several other books on swimming, including 'Swimming Drills and Techniques' and 'Swimming for Fitness and Fun'.

