

***Swim Smooth The Complete Coaching Programme For Swimmers
And Triathletes Paul Newsome***

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Swim Smooth - The Complete Coaching System For Swimmers And Triathletes. If you're a coach, the book is an investment you should make. The sections on Swim Fitness Training, Conditioning and Open Water Adaptations are, in common with the rest of the book, incredibly simple to follow yet very in depth.

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review of Swim Smooth - The Complete Coaching System for Swimmers and Triathletes

Even though the title mentions coaching system, this book is a really good reference/instruction guide for swimmers of any level and anybody that's looking to improve for swim skills for pool or open water. Lots of well done illustrations and clearly written. I have been a big fan of the swim smooth approach to swimming.

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