



## Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the Worlds Fastest Swimmers

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By Sheila Taormina

VeloPress. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.1in. x 7.1in. x 0.6in. In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the worlds fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the worlds best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the worlds fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing power the most crucial element of swimming to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. *Swim Speed Secrets* includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos...

### Reviews

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