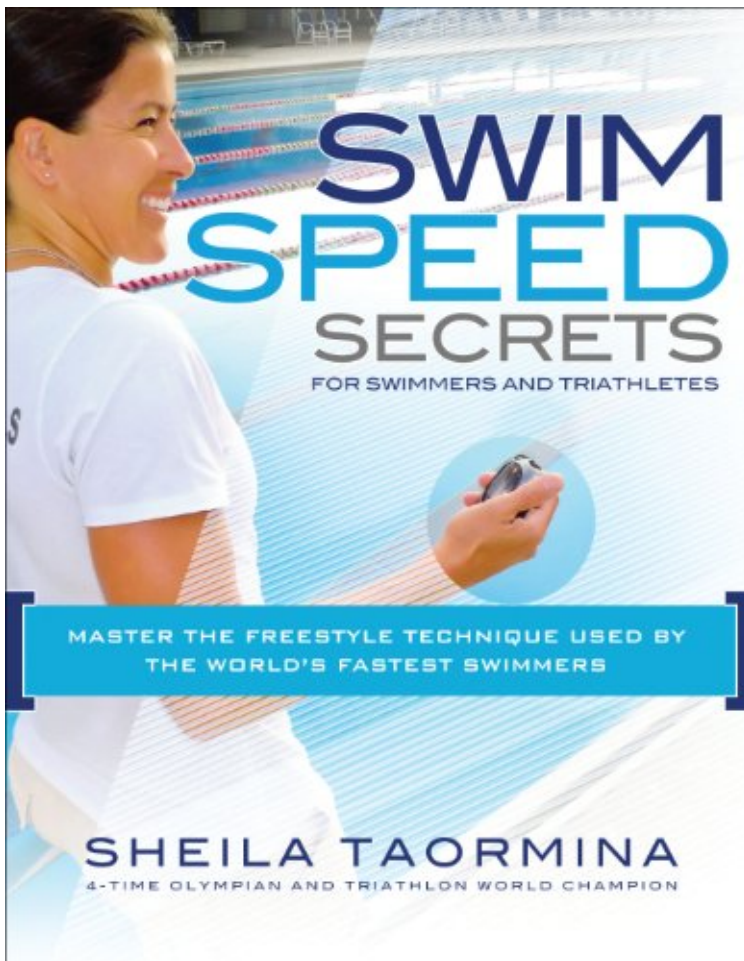


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Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers



Par Taormina Sheila

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Description :

Prsentation de l'diteurIn 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 underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. Swim Speed Secrets focuses on producing powerthe most crucial element of swimmingto help triathletes and swimmers overhaul their swim stroke and find the speed thats 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 of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's Swim Speed Secrets brings the focus back where it belongs to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. Presentation de l'auteur In Swim Speed Secrets, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's 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 world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater 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 of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina's Swim Speed Secrets brings the focus back where it belongs to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water. Biographie de l'auteur Sheila Taormina is one of a handful of athletes who have competed in four Olympic games and the only woman in the world to have competed in three distinctly different sports swimming, triathlon, and modern pentathlon. At just 5ft 2in tall, Taormina's exceptional freestyle swim technique helped her win a gold medal in the 1996 Olympics and the 2004 ITU triathlon world championship. For 15 years, Taormina has coached elite and age-group swimmers and triathletes to develop the strong underwater pull that propelled her to such athletic success in her racing career. Taormina conducts dozens of swim clinics around the world each year.