



## Swimming Fastest: A Comprehensive Guide to the Science of Swimming

By E.W. Maglischo

Human Kinetics Publishers, United States, 2003. Paperback.

Book Condition: New. 3rd Revised edition. 288 x 224 mm.

Language: English . Brand New Book. This work is a reference on competitive swimming, including information on stroke technique and training methods for swimming. This updated edition includes new photographs of world-class swimmers that make it easy to visualize proper techniques. It provides technique analysis of the four primary strokes: front crawl; backstroke; breaststroke; and butterfly. It also provides the physiology behind the most effective training methods, detailed sample workouts and training programmes for each event.

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