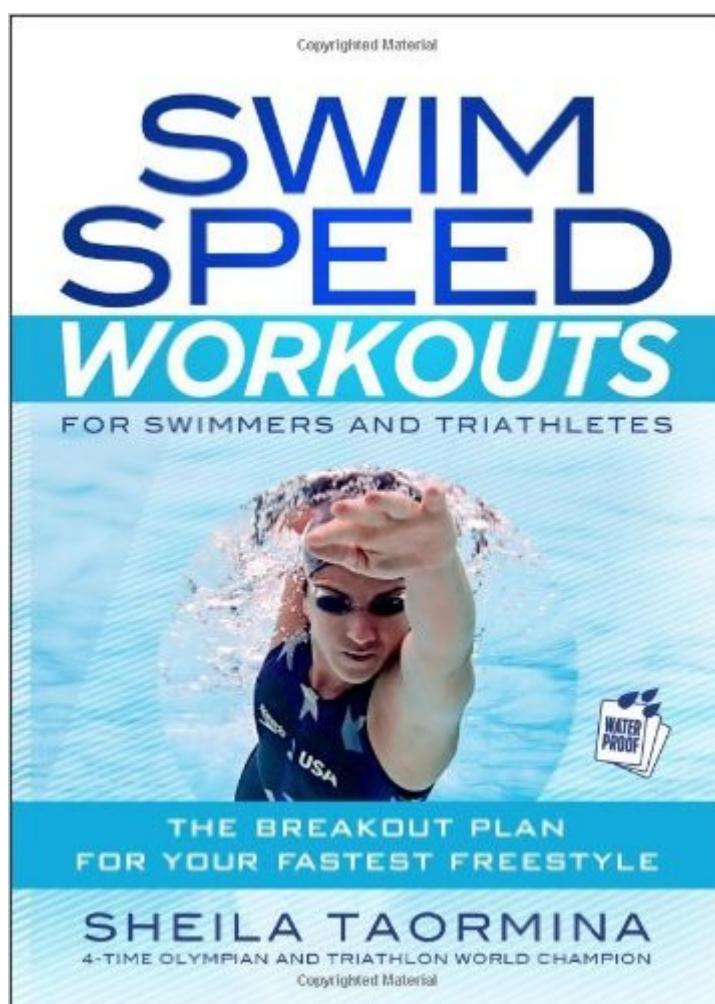


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Swim Speed Workouts For Swimmers And Triathletes: The Breakout Plan For Your Fastest Freestyle (Swim Speed Series)



Synopsis

In *Swim Speed Workouts*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina provides the essential swimming instruction, workouts, drills, and training plan to build all-new levels of freestyle swimming speed. *Swim Speed Workouts* applies the principles of Taormina's influential swim technique book *Swim Speed Secrets* so swimmers and triathletes can get in the pool and get fast. Drawing from her 30-year racing and coaching career, Taormina's *Swim Speed* program is carefully designed to build freestyle swim speed one crucial step at a time. Over 16 weeks, swimmers and triathletes will swim high-impact workouts to build whole-body swimming fitness. Each waterproof swim workout card incorporates the Olympic swimming drills, kick sets, and drylands that develop speed in the world's fastest swimmers. Swimmers will refine their freestyle with the most effective hand entry, high-elbow catch, underwater pull, core drive, and propulsive kick. *Swim Speed Secrets* revealed the freestyle technique used by the world's fastest swimmers. Now *Swim Speed Workouts* unlocks those secrets to swimming performance, building up swimmers and triathletes to breakthrough swim speed.

Book Information

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Customer Reviews

I have just finished the first six weeks of the workouts and they are really making a difference to my swimming. Each workout has a purpose and focuses on proper form, something the solo swimmer forgets to do on their own. I was a strong swimmer to begin with, but these workouts are taking me to a new level. Highly motivating and instructive (especially when also watching the online videos).

Something every serious swimmer and triathlete should try.

I am a retired coach and was asked by my daughter to put together some training programs as she was competing in an 1.9 km open water swim. I started browsing the web and found these fully water proof training cards and thought I'd try them along with another set. My daughter and I both love these cards and don't use the other ones at all. I hurt my back and hadn't been swimming for a month and couldn't believe the improvement in my daughter's speed after only 4 x weeks!!! Other people where we train have been questioning her technique and asking her her secret. Well worth the purchase and if you are like me (I'm 49) and just want to keep fit it takes the boredom out of just doing lap after lap up and down a pool.

I learned to swim freestyle two years ago when I joined a triathlon team. I was coached by a fantastic former collegiate swimmer/ certified triathlon coach. There I learned the fundamentals of freestyle swimming. Two years have passed and I no longer swim my workouts with my team. For months, I've met a friend at the pool twice a week and we swim random pool workouts that we picked up here and there. However, we wanted something a little more systematic. So I picked up *Swim Speed Workouts*. It is incredible how fast my friend and I have improved using these workouts. The drills included in the workouts have changed our strokes for the better, especially the one arm drills. We noticed right away how weak our left arms were the first time we did this drill. Within two weeks we see a much stronger and coordinated left arm pull. We also notice with the breath work that we are able to swim the length of the pool with no breathing easily. This is something we could never do before. These workouts seem like lots of little drills and swim sets and yet the payoff we've seen in our strength and speed have been amazing. And after we are done swimming, we are wiped out. We are definitely making the most of our time in the pool. Thanks Coach Sheila.

Bought *Swim Speed Secrets* and then was fortunate enough to be selected as part of the test group for *Swim Speed Workouts*. I had hit a wall in swim progress in terms of time. No matter what I tried, my times stayed the same. This program changed all that. After only a few weeks I was hitting my old max times with an easier effort. Then when I did some all-outs I hit times I never thought I'd be able to achieve. Be warned, when doing this program others may offer advice. If they are not coming from the same school of thought, thank them and stick with this program. It really is great. Bottom line, we all want to go faster. This will make you a faster swimmer. Period!

Haven't had a chance to actually swim these workouts yet, but I've tried the tubing. I've looked through all these cards. The Tool kit and drills offer helpful advice on improving your stroke and kick. These cards look a little difficult for a beginning swimmer, but workouts are easily adjusted. It's a shame that the workouts don't build up on distance. The first workout expects a 2150 or 2650 meter workout. Not an easy feat for someone starting out. These cards would have had more potential if they started out easier and built up, like 1000-1200 a day the first week, 1400 the next, etc. instead of expecting over a mile the first day. Not everyone is an Olympian. These cards are difficult to me, but I'm sure that the pay off will be great for anybody who commits to all 16 weeks of workouts. I was expecting laminated cards, but these are coated paper that easily scratched. I was doubtful in the beginning, but tested it; they are waterproof. Overall Good workouts to improve your freestyle. Don't expect it to be easy; Get in shape first. You're expected to swim over 1.5 miles the first day and 2.5 miles by the 3rd.

I am an amateur swimming with no formal training and few years of experience via self-training (thank you Internet videos). This workout program is great. It provides structure to my workouts and is challenging for someone not used to swimming over 2500 yards during each session. The plan includes various sets of cards and a short book, all of which are waterproof and are included in a plastic holder that drains water from the bottom (i.e., all are suitable for the pool deck). The book provides a great overview of the plan (highlights from the author's paperback book). There are cards describing the basic terminology she uses in the plan (the Tool Kit), cards describing the drills in the plan (the Drills), cards for the 16 weeks of workouts - 3 workouts per week (the Workouts), and cards for the tubing discussions (the Tubing). I was a little skeptical about the waterproofing of the workout cards, but they are waterproof. I take them as-is to the pool each time and no issues. The workouts themselves are great since they vary in distance and drills. Each workout is broken down into a warm-up, drill/main set, a bonus set, a warm-down, and the tubing exercises. The author does a good job breaking up the monotony of swimming laps with the variety. She includes an overall purpose of the workout, the suggested intervals for each drill, rest times, percentage of effort, and an occasional short motivation statement. The "she-ra" sessions at the end of the week (these are what she calls the most challenging workouts of each week) are around 4000 yards and give you a great sense of accomplishment once you're done. I would highly recommend this plan. My opinion is that this plan is well worth the \$20 I paid. Best of luck.

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