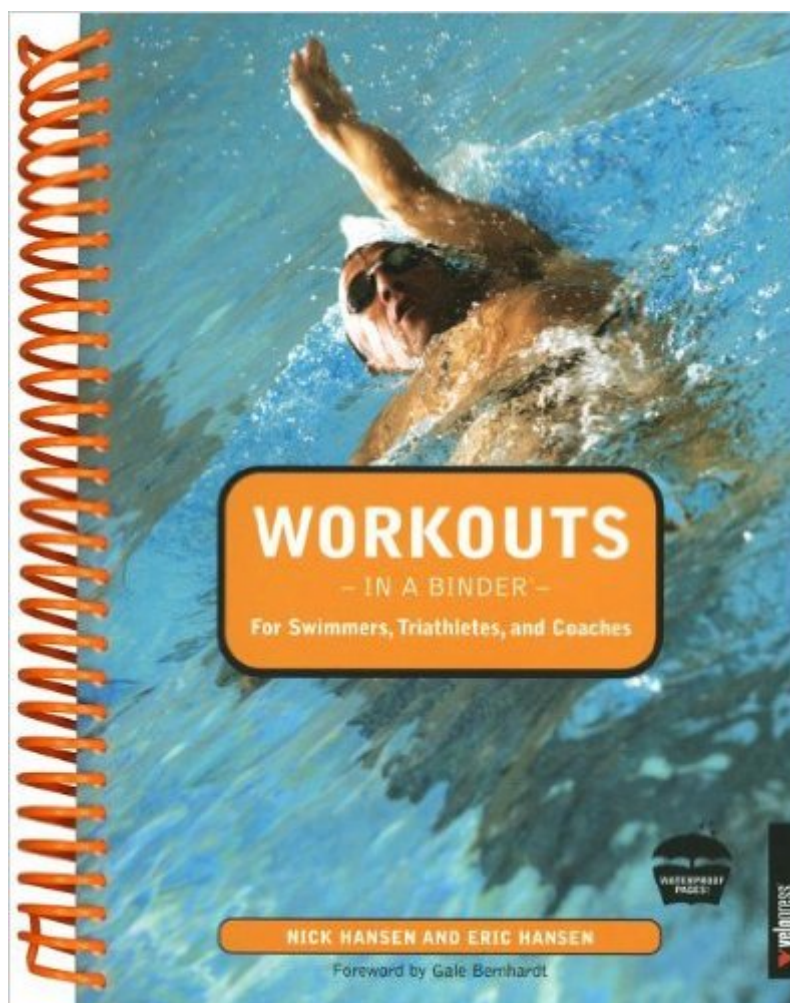


The book was found

# Workouts In A Binder For Swimmers, Triathletes, And Coaches



## Synopsis

This waterproof book of 100 swimming workouts offers swimmers and triathletes a wide variety of structured workouts to improve swimming fitness, technique, and speed. Using all four competitive swim strokes (freestyle, breaststroke, backstroke, and butterfly), swimmers and triathletes will strengthen more of their swimming muscles than by swimming freestyle alone. Nationally recognized swimming coaches Nick and Eric Hansen offer 6 effective training plans to improve fitness and speed. Triathletes, masters, and collegiate swimmers will swim long-distance, middle-distance, sprint, IM, and stroke workouts to improve all swimming abilities. Choose between a standard "A workout" and a modified "B workout," for those with less time or stamina. Spiral bound and printed on durable, waterproof cards, these swim workouts are specially designed to be used and abused at the pool.

## Book Information

Series: Workouts in a Binder

Spiral-bound: 101 pages

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ISBN-10: 1931382743

ISBN-13: 978-1931382748

Product Dimensions: 6.2 x 0.7 x 6.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (66 customer reviews)

Best Sellers Rank: #32,396 in Books (See Top 100 in Books) #3 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #6 in [Books > Sports & Outdoors > Water Sports > Swimming](#) #13 in [Books > Sports & Outdoors > Individual Sports > Triathlon](#)

## Customer Reviews

I went back to swimming after a 25 year hiatus. Running and biking were no longer options for me. A year after diving back in, I had a set workout that I liked to do -- EVERY time I hit the pool. For my 46th birthday, someone bought this for me off my wishlist and six months after starting to use this book, I still thank the person who bought it for me several times a month. And the gratitude is genuine. Looking to shake my workout up a bit, this book rocked my entire workout program. I thought the resistance training I was doing in the gym would help my swimming, but it invariably resulted in injuries every time I tried to increase resistance. Now, because of the improvements in

my swimming, my swimming actually helps me perform better in the gym and pushing myself there actually results in far fewer injuries! If there has been one thing to which I can attribute my progress in the pool, THIS BOOK IS IT! My success in the pool has made me fall in love with this sport all over again. When I wake up and it's a gym day, I tend to hit the snooze button once or twice, but on swimming days?? I'm up and at 'em! Count on it! While each workout has a shorter version and a longer version, this book is definitely not for beginning swimmers. The shorter version of the workouts run on average 3600 yards or meters depending on your pool. Not too sure about the longer version of the workout because frankly, for me to swim two miles or more, I'm toast! I don't even look at the longer versions (yet!). There are several workout plans to choose from, which I personally love because I never have to sit and figure out which workout I should do today; I just look it up in the plan.

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