



## The Swimmer s Workout Handbook: Improve Fitness with 100 Swimming Workouts and Drills (Paperback)

By Terri Schneider

Hatherleigh Press,U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. 100 of the best swim workouts for all experience levels: fitness, Masters level, or competition. Easy-to-follow pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer s Workout Handbook is a complete guide to escaping the routine of pool swimming with varied training workouts to keep you challenged and engaged, and improve your performance. Expert and multi-sport coach Terri Schneider combines skill training with variations in speed, distance, and technique for an effective and easy-to-follow series of pool workouts designed to make you a stronger, faster, and more proficient swimmer. The Swimmer s Workout Handbook includes: - 100 swim workouts for all experience levels - Expert-designed pool workouts - A guide to common swim terms used in the workouts - Information on gear and guidelines to get the most out of your workouts Swimming improves core, muscular, and cardiovascular strength and endurance, all in a low-impact, gravity-free workout. If done two to several times per week, or as an addition to a multi-sport training regime, swimming helps maintain a healthy weight, heart, and lungs. These benefits are best realized within the...



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