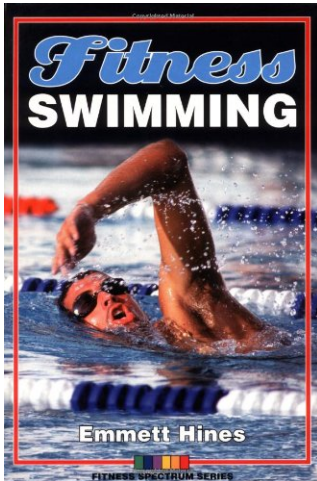


[PDF] Fitness Swimming (Fitness Spectrum Series)

Emmett Hines - pdf download free book



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Description:

Review "Finally, someone has written a book about swimming that makes sense. Emmett's ability to explain swimming concepts in an understandable way is unparalleled. This book will open up the eyes of any fitness swimmer, from novice to ex-Olympian." Troy DalbeyHead Masters Coach, The Phoenix Swim ClubDouble Gold Medalist, 1988 OlympicsFormer World Record Holder Fitness Swimming "is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers." Phillip Whitten, PhDEditor-in-Chief, "Swimming World" and "SWIM"Author, "The Complete Book of Swimming" "A must read for any self-coached swimmer. The discussions of cardiovascular fitness and stroke technique

combined with Coach Hines' rainbow' of workouts will almost guarantee improvement in swimming efficiency and fitness." Mo Chambers Head Coach, Mountain View Masters United States Masters Swimming Coach of the Year (1996) "Coach Emmett Hines has created an invaluable tool for improvement-minded swimmers." Fitness Swimming "is the first book I have seen that perfectly complements the" Total Immersion "book and method by providing sensible and friendly guidance on how to build fitness and stroke efficiency in a seamless combination." Terry Laughlin Director, Total Immersion Swimming Author, "Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier"

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Troy Dalbey
Head Masters Coach, The Phoenix Swim Club
Double Gold Medalist, 1988 Olympics
Former World Record Holder

"Fitness Swimming is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers."

Phillip Whitten, PhD
Editor-in-Chief, *Swimming World* and *SWIM*
Author, *The Complete Book of Swimming*

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3 Assessing Your Swimming Fitness 20. Part II Swimming the Right Way. 4 Posture and Balance 27. College instructors have adopted Fitness Swimming as a textbook for a number of swimming and coaching courses. Swim coaches have built programs around the techniques and training principles espoused therein. Most satisfying of all, I've heard from hundreds of readers since the book's original release. Earlier I mentioned that freestyle swimming is a series of alternating side-glides connected by propulsive strokes. Rotating correctly, with good initiation and properly connected arms, allows the swimmer to involve much more muscle mass and power than when he is rotating incorrectly or with improperly connected arms or when simply swimming flat. Many swimmers think that to improve, all they need to do is get in the pool and swim an ever increasing number of laps. What they fail to understand is that swimming is a technique sport. Unless they incorporate skill development, refinement, and maintenance into their workouts they won't become better swimmers, just better conditioned thrashers. Fitness Swimming is designed to help recreational and competitive swimmers, as well as triathletes, improve both their swimming technique and their conditioning. Fitness Swimming also offers advice on stretching, warming up and cooling down effectively, and choosing the best equipment. Buy Fitness Swimming (Fitness Spectrum S.) by Emmett W. Hines (ISBN: 9780880116565) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders. This book will open up the eyes of any fitness swimmer, from novice to ex-Olympian." Troy Dalbey Head Masters Coach, The Phoenix Swim Club Double Gold Medalist, 1988 Olympics Former World Record Holder Fitness Swimming "is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers."