



Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle, Sheila Taormina, VeloPress, 2013, 1937715019, 9781937715014, 44 pages. 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..

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Complete Conditioning for Swimming , Dave Salo, Scott A. Riewald, 2008, Sports & Recreation, 241 pages. Outlines a comprehensive training program for swimmers, covering warming up, cooling down, training for specific strokes, building endurance, core stability, developing ....

Swimming Made Easy The Total Immersion Way for Any Swimmer to Achieve Fluency, Ease, and Speed in Any Stroke, Terry Laughlin, 2001, Swimming, 208 pages. .

Triathlon Swimming Made Easy The Total Immersion Way for Anyone to Master Open-water Swimming, Terry Laughlin, Jan 1, 2002, Sports & Recreation, 221 pages. .

Swimming for Exercise Optimize Your Technique, Fitness and Enjoyment, Gregory P. Whyte, Jan 6, 2011, , 144 pages. Offers advice and tips on swimming as a form of exercise, includes chapters on stroke styles, techniques and exercise programs..

Triathlon Made Easy , Zoe McDonald, Lisa Buckingham, 2008, Health & Fitness, 208 pages. Following in the footsteps of bestselling fitness phenomenon Running Made Easy comes a must-have source of inspiration designed to get all those who never dared try a Triathlon on ....

Total Immersion The Revolutionary Way To Swim Better, Faster, and Easier, Terry Laughlin, May 18, 2004, Sports & Recreation, 302 pages. Demonstrates the techniques perfected by the author while working with Olympic athletes, offering step-by-step drills that cover stroke improvement, drag elimination, burning ....

Swimming Fastest , Ernest W. Maglischo, 2003, Medical, 791 pages. An illustrated guide to

competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the ....

Mastering Swimming , Jim Montgomery, Mo Chambers, 2009, Sports & Recreation, 209 pages. Jim Montgomery and Mo Chambers present readers with everything they need to create their own training plans - plus numerous sample programs - whether they swim for fitness or ....

Serious about Swimming. Nic Newell ... [Et Al.] , Nic Newell, Dan Cross, Tommaso Bernabei, 2011, , 159 pages. This new authoritative text is ideal for anyone looking to improve their fitness levels and swimming ability. Comprehensive chapters cover everything from the basics of the ....

Swimming into the 21st century , Cecil Colwin, 1992, Sports & Recreation, 255 pages. .

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.

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Swim Speed Workouts is the pool version of in-home workout videos. The cards can be used by beginning to experienced swimmers or triathletes training independently of a coach, or provide easy illustrations of drills and tubing exercises for coaches to share with their swimmers. USA Swimming's SPLASH magazine

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 was a very novice swimmer and really haven't been motivated to learn the proper methods and techniques to feel stronger, be faster and more confident in the pool until I read Sheila's book then got this program...this program truly pushes you but more important for me was it motivated me. I've been swimming off and on for about 4 years (more off than on) but now using this program it's more on than off and I know I'm faster, stronger and more efficient swimming than ever before. Great product!

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!

Sheila Taormina is one of a handful of athletes who have competed in four Olympic games and the only woman in the world to have competed in three distinctly different sports—swimming, triathlon, and modern pentathlon. Although only 5' 2", Taormina refined her exceptional freestyle swim

technique to win a gold medal in the 1996 Olympics and the 2004 ITU triathlon world championship. For 15 years, Taormina has coached elite and age-group swimmers and triathletes to develop the strong underwater pull that propelled her to the pinnacle of athletic success in her racing career. Taormina conducts dozens of swim clinics around the world each year.

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Sheila Taormina is a 4-time Olympian, gold medalist, and ITU triathlon world champion. At just over 5'2", Taormina found success at the highest levels of swimming by refining an exceptional freestyle swimming technique. Taormina now works as a swim coach, offering swim technique workshops around the world.

In her book *Swim Speed Secrets* published last spring, Taormina reveals the freestyle technique that is common to the world's fastest swimmers. Her new book, *Swim Speed Workouts*, which released in April, offers swimmers the workouts, drills, dryland, and 16-week training plan to get in the pool and focus on developing their fastest freestyle one crucial step at a time.

Short Description for *Swim Speed Workouts for Swimmers and Triathletes* Provides the essential swimming instruction, workouts, drills, and training plan to build all-new levels of freestyle swimming speed. This book unlocks the secrets to swimming performance, building up swimmers and triathletes to breakthrough swim speed.

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