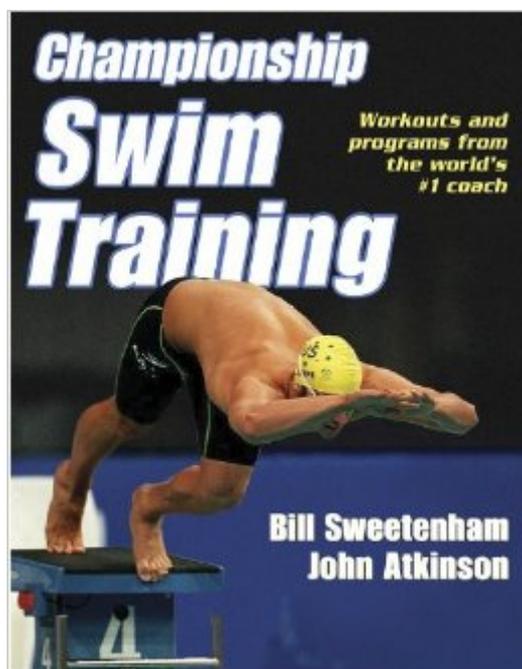


The book was found

Championship Swim Training



Synopsis

Whether you're a coach looking to build or supplement your program or a swimmer seeking to improve your technique and time, you'll benefit from swim coaching legend Bill Sweetenham's proven methods for improving performance in the backstroke, butterfly, breaststroke, freestyle, and individual medley. Sweetenham has spent his career developing world-class swimmers—first for Australia, then for Hong Kong, and now for Great Britain. He engineered Australia's success at four Olympic Games and five Commonwealth Games and has coached 63 top swimmers in international competitions to 27 Olympic and World Championship medals. Now, through Championship Swim Training, he and coauthor John Atkinson, a former national team coach in Australia and current national youth coach with British Swimming, provide the detailed plans and strategies to help all swimmers maximize their swimming potential. Beginning with Sweetenham's five golden rules for swimming that apply to all swimmers—regardless of their background—Championship Swim Training is divided into two parts. Part I, Technique Drills and Sets, deals with training zones and benchmark sets so critical to effective training and goal setting. Also included is a series of drill progressions and checklists that can be applied to each stroke and the individual medley. These progressions will help pinpoint stroke deficiencies and improve stroke technique as well as sculling, starts, turns, finishes, and kick and pull training. The checklists give swimmers and coaches tips for training and competition. Part II, Workouts and Programs, is full of information for coaches to plan the long-term development of juniors through masters swimmers. Sample training sets are provided and can be customized to suit the level of that swimmer or squad. Part II also covers the critical tapering phase to get swimmers ready for competition and provides detailed racing strategies. Dryland conditioning suggestions help swimmers train all year round, whether in or out of the water. And no world-class coaching book would be complete without a chapter on how to completely and objectively evaluate your training program. Championship Swim Training provides a complete roadmap for coaches and swimmers who want to follow a systematic and proven way to record-breaking times!

Book Information

Paperback: 302 pages

Publisher: Human Kinetics; 1 edition (August 19, 2003)

Language: English

ISBN-10: 0736045430

ISBN-13: 978-0736045438

Product Dimensions: 8.5 x 0.8 x 11 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (19 customer reviews)

Best Sellers Rank: #460,237 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #151 in Books > Sports & Outdoors > Water Sports > Swimming #382 in Books > Medical Books > Medicine > Sports Medicine

Customer Reviews

I am somewhat disappointed in the book because some of the material appears a bit disorganized, some concepts on training are defined vaguely especially when it comes to basic concepts and there is little emphasis on why to do things. Let's start with the positive points in this book. To be a pretty thin book, the book gives information on most aspects of swimming. The book also contains drill progressions which are good and not seen anywhere else and even an own chapter of sculling and one on kicking. The benchmark tests are good and tests several aspects of swimming. Swimmer commitment and development is briefly discussed. Some dryland training are briefly by giving pictures and explanation of some polymeric exercises and stretching. But if its specifically dryland training you're interested in, you should probably consult another book. When it comes to technique the book focus on the key points for developing a good technique, this is very helpful. Sample sets for different strokes are given. However it does not explain why to do it. Also here if you're interested in details on technique you should consult another book. The main problem comes to the main emphasis of this book: training. Sample sets are a large portion of the book, but when it comes to defining the training zones little explanation and guidelines are given. Not less than a jungle of 11 training levels are mentioned and since the training zones rest interval and speed is not always defined it becomes harder to customize the sample training sets given and to work out sets on your own. If you are to adopt the training zones given to the zones you usually use, it can become very difficult. Unfortunately no reference to books are given that may give a more detailed explanation.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Championship Swim Training Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The

Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy houstraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy houstraining, house ... training, puppy training guide, dog tricks) The Triathlete's Guide to Swim Training (Ultrafit Multisport Training Series) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy houstraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Championship Triathlon Training CAT TRAINING FOR HUMANS: OBEY THE CAT RULES OR THERE WILL BE TROUBLE: CAT CARE CAT FOOD CAT BEHAVIOUR CAT RULES CAT TRAINING EXPLAINED FOR HUMANS (IT IS ... FOOD CAT LOVER CAT TRAINING SERIES Book 1)

[Dmca](#)