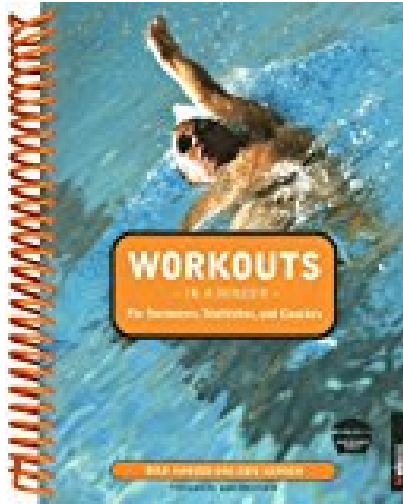


# Workouts in a Binder for Swimmers Triathletes and Coaches

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## BOOK DETAILS

- Author : Nick Hansen
- Pages : 101 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 1931382743

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## **BOOK SYNOPSIS**

Written by two former coaches for the U.S. National Swim Team, "Workouts in a Binder for Swimmers, Triathletes, and Coaches" extends beyond freestyle to include other strokes for masters and collegiate swimmers and coaches, as well as triathletes seeking skill-building in the off-season. The workout categories, which are more diverse than "Swim Workouts for Triathletes" (the previous book in this series), include distance, middle distance, sprint, individual medley, and stroke. Competitive swimmers and coaches can build a training plan using a variety of workouts from each category to improve speed and skills. Recreational swimmers, on the other hand, can realize new fitness levels by introducing greater variety to their swimming routines. Printed on large, durable cards, this new entry in the popular "Workouts in a Binder" series was specially designed for swimmers to use at the pool and can be easily read, even through foggy goggles and flip-turn splashback.

### **WORKOUTS IN A BINDER FOR SWIMMERS TRIATHLETES AND COACHES -**

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