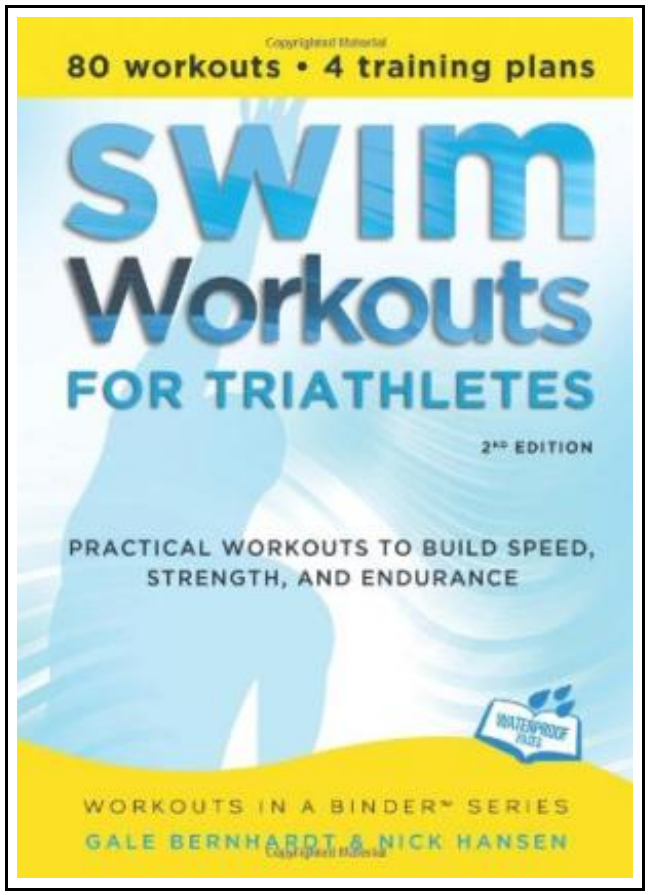
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SWIM WORKOUTS FOR TRIATHLETES: PRACTICAL WORKOUTS TO BUILD SPEED, STRENGTH AND ENDURANCE (2ND EDITION)

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VeloPress. Spiral bound. Book Condition: new. BRAND NEW, Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength and Endurance (2nd edition), Gale Bernhardt, Nick Hansen, It's no secret: Most triathletes are weak swimmers. Too many triathletes neglect their swimming form and rely on unfocused workouts. The result is lost time on race day. "Swim Workouts for Triathletes" features 80 swim workouts with the structure, variety, and drills triathletes need to become more efficient swimmers. Each workout is designed around a specific goal - endurance, speed, form, force, muscular endurance, or anaerobic endurance - making it easy to prepare for any race and improve all-around swimming skill. Triathletes can pick and choose workouts, slotting them into their current training, or begin one of the four new swim training plans from these accomplished swim coaches. The second edition of "Swim Workouts for Triathletes" includes: waterproof, spiral-bound pages with big fonts for easy reading through goggles; the 10 best drills for improved freestyle performance; 30-minute sessions to fit a quality workout into a busy day; Open-water workouts to get ready for race day; beginner & advanced swim sets for each workout; and, 4 training plans for sprint, Olympic & half-Ironman[registered], Ironman[registered], and general fitness. Since getting her start in triathlon in 1986, Gale Bernhardt has become one of triathlon's premier coaches. She was selected to coach the men's and women's triathlon teams for both the 2004 Olympics in Athens, Greece, and the 2003 Pan American Games, and she served as a world cup coach for the International Triathlon Union development squad. Over the course of his coaching career, Nick Hansen has been at the helm of some of the nation's most prestigious swimming programs: U.S. National Team swimming coach, University of Wisconsin head coach, University of Arizona assistant coach, and masters swim...

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