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Technique Swim Workouts: Coach Blythe's Swim Workouts

By Blythe Lucero

Meyer & Meyer Sport (UK) Ltd. Paperback / softback. Book Condition: new. BRAND NEW, Technique Swim Workouts: Coach Blythe's Swim Workouts, Blythe Lucero, The first book in a series, called Technique Swim Workouts contains 75 workouts that focus on improving general swimming efficiency, with specific workouts for each of the competitive swimming strokes. The workouts in this book blend swimming drills and conditioning sets that total up to 2,000 yards/meter. Each workout is accompanied by a Focus Point to help swimmers zero in on stroke improvements by eliminating drag, improving feel for the water, and swimming in a core-centered manner.



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