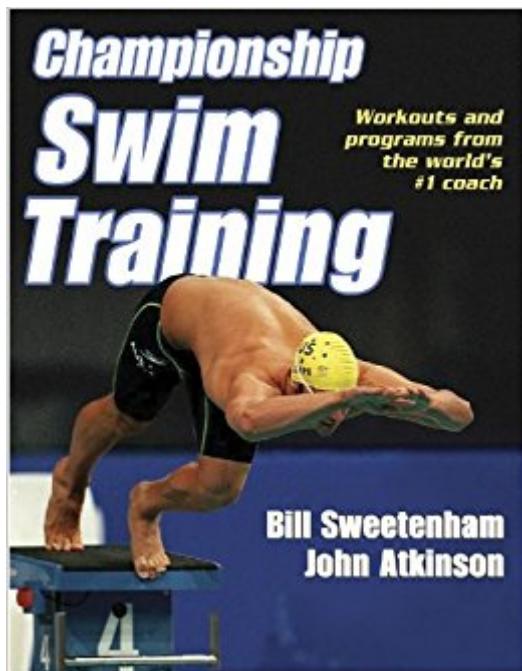


The book was found

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: 4.6 out of 5 stars 22 customer reviews

Best Sellers Rank: #521,457 in Books (See Top 100 in Books) #115 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #503 in Books > Medical Books > Medicine > Sports Medicine #787 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

""""Coach Bill Sweetenham, with his vast international experience, and John Atkinson, young and enterprising, share their well-thought-out philosophy on organizing, training, and preparing swimmers for high-level competition. I highly recommend this book to all coaches working with competitive swimmers the world over.""" Niels E. BouwsPresident, World Swimming Coaches Association """"Full of ideas and innovations, this is more than just another swim bookit's one of the best. Dive in and try it. You will learn a lot, I guarantee.""" Don TalbotHead coach, Australian swim team ""Championship Swim Training" is a well organized and comprehensive description of all aspects of competitive swimming presented in meticulous detail. Any coach or swimmer who reads this book is assured of gaining valuable insight into the nuances of the sport.""" Dennis PursleyHead coach, Phoenix Swim Club From American Swimming Coaches Association""""Provides a complete roadmap for coaches and swimmers who want to follow a systematic and proven way to record-breaking times!"""

" ""Coach Bill Sweetenham, with his vast international experience, and John Atkinson, young and enterprising, share their well-thought-out philosophy on organizing, training, and preparing swimmers for high-level competition. I highly recommend this book to all coaches working with competitive swimmers the world over.""" Niels E. BouwsPresident, World Swimming Coaches Association""""Full of ideas and innovations, this is more than just another swim bookâ "it's one of the best. Dive in and try it. You will learn a lot, I guarantee.""" Don TalbotHead coach, Australian swim team""Championship Swim Training is a well organized and comprehensive description of all aspects of competitive swimming presented in meticulous detail. Any coach or swimmer who reads this book is assured of gaining valuable insight into the nuances of the sport.""" Dennis PursleyHead coach, Phoenix Swim ClubFrom American Swimming Coaches Association""""Provides a complete roadmap for coaches and swimmers who want to follow a systematic and proven way to record-breaking times! "

Great book to learn and train from. Lots of charts, check lists and other forms to help your swimmer track their progress. Recommend it.

This is a fantastic book! Required reading for all swimming coaches.

I am a swim coach for Triathletes. This book certainly expanded my ability to refine my coaching and the program I have set up for them. Even though this book is not specifically for Triathletes, the information can be tailored to any swim program. Great asset to my swim books!

The best book I know for giving to new assistant coaches.

Great source

It was in near perfect condition. Thank you!

It was a gift for my son who coaches swimming. He loves it

This book is the starting point of my dream to prepare and qualify swimmers to the Olympics, it has all that I needed to prepare my season after season in a proven way to make the complete swimmer. One day I will say it face to face, thank you Mr Bill Sweetenham.

[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) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Championship Swim Training Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A

Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training
Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle
(Swim Speed Series) 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) Learn to Swim: Teaching You to Teach Your Child to Swim
Swim, Boots, Swim! (Dora the Explorer) (Pictureback(R)) Championship Contest Fiddling: 44 Transcriptions from 15 Championship Rounds (Mel Bay Presents) Hard to Believeland: Cavs win the NBA Championship! Indians win the AL Championship! Browns win a game! Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Dog + Puppy Training Box Set: Dog Training: The Complete Dog Training Guide For A Happy, Obedient, Well Trained Dog & Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dogâ€¢s Physical and Mental wellness(Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Dog Crate Training: 8 Tips to Help Your Best Friend Adjust (Dog Training, dog crate training problems, dog separation anxiety, dog potty training Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)