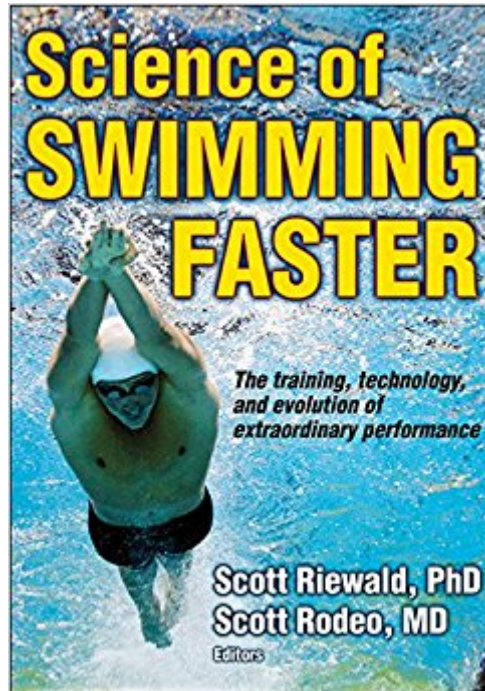




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Science Of Swimming Faster



Synopsis

In a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret—just science. *Science of Swimming Faster* is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource:

- An easily understood repository of swimming research
- Insights distilled from great sport and exercise scientists, coaches, and swimmers
- A do-it-right reference for a host of techniques and tactics
- The most credible and widely used training principles and programs
- An analysis identifying key factors contributing to elite and world-record swimming performance
- An insider's access to the strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world's most successful swimmers.

With editors Scott Riewald and Scott Rodeo and a who's-who list of international experts on the sport, *Science of Swimming Faster* offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

Book Information

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Customer Reviews

Scott Riewald, PhD, is the U.S. Olympic Committee's winter sport high-performance director. He works closely with eight winter sport national governing bodies to coordinate sport science and medical services for their athletes. He has served as the biomechanics director for USA Swimming at the U.S. Olympic Training Center in Colorado Springs. In this role, he was part of an international biomechanics research team at the Sydney 2000 Olympic Games and provided education and

services to many of the nation's top swimmers. He has given presentations to athletes and coaches about using science to positively affect performance. Riewald has also been involved in cutting-edge research in evaluating new technologies and swim performance, and he has worked as the biomechanics director for the United States Tennis Association in Key Biscayne, Florida. As an undergraduate at Boston University, Riewald was a competitive swimmer and still holds several school and conference records. He was named a GTE Academic All-American his senior year and was later inducted into BU's Athletic Hall of Fame. After earning an undergraduate degree in biomedical engineering, he competed in triathlons and coached a masters swimming team. He earned his MS and PhD in biomedical engineering from Northwestern University. Riewald is a certified strength and conditioning specialist (CSCS) and a certified personal trainer. He is coauthor of *Complete Conditioning for Swimming* (Human Kinetics, 2008). Riewald and his wife, Suzie, live in Colorado Springs, Colorado, with their two children, Maddox and Callie. Scott Rodeo, MD, is a clinician-scientist at the Hospital for Special Surgery in New York City, where he also serves as co-chief of the Sports Medicine and Shoulder Service. His specialty includes treating sport injuries to the knee, shoulder, ankle, and elbow. He also is a professor of orthopedic surgery at Weill Cornell Medical College. Rodeo holds a board position at Asphalt Green in Manhattan, where he helps promote injury prevention and healthy living through exercise. He served as team physician for the 2004, 2008, and 2012 U.S. Olympic swimming teams and the New York Giants football team. He has been involved with USA Swimming, serving as a chair of their Sports Medicine and Science Committee. Rodeo is also a former competitive swimmer and provides medical support for local swimming programs.

This is an excellent resource that describes the mechanics/physics associated with swimming. The sections are very well written and use informative illustrations, graphs, and tables to convey information. The book has been helpful to identify techniques that can be put into practice to improve swimming efficiency... and I'm noticing gradual improvement in speed drills

this book fits the expectations of anyone who wants to coach and teach swimming with actual knowledge and scientific backing behind his/her teaching. Excellent

The book covers large range of topics about swimming. Very helpful.

I will be the first to admit that this book surprised me. Part of that is because the book doesn't target

it's audience very well. This book is written for the hardcore athlete and coach, not so much your average swimmer. The first section leads off with some intense wave-physics based swimming techniques. Really interesting if you are into physics. After that you get several sections about nutrition, training, and injury management. If you are planning on training or coaching for the mega leagues, this is probably the most comprehensive book you can find.**I received a copy of this book in exchange for an honest review.**

This book takes cutting edge research from many science disciplines—including physics, kinetics, anatomy, psychology, nutrition and medicine—and reduces it to practical advice to increase swimming speed. While this book would be excellent for swim coaches and students of swim kinesiology, it is also a good reference for the hobby swimmer, swim fan, or a parent of a swimming youth too. The first part of the book breaks apart each phase of a swim stroke with separate chapters on freestyle, backstroke, breaststroke and butterfly. It also includes techniques for starts and turns. Part two emphasizes training including the best training/tapering/recovery methodology and competition day strategies. Part three includes information on nutrition, performance enhancers, psychology, growth/development, injury prevention, and strength exercises to do outside the water to enhance performance within it. Part five concludes with sections on special groups including adolescents, older (master) swimmers, females, open water and adaptive swimmers. Overall, the book is overflowing with helpful information written in an understandable manner. I received this book as part of a Goodreads giveaway but that has not impacted my review.

The Science of Swimming Faster is just about every Internet search I have performed on swimming in one tome. The target audience may very well be coaches and the elite circles of swimming, but the swimmer who cannot bear to put his face in the water will benefit as well. Indeed, this book is a well-researched read with in-depth information for the youngest competitive swimmers through Masters, and including swimmers who have special adaptive needs. Every start, every stroke, and every turn is meticulously explained. The physics as well as the physiology behind the swim is covered. Why did Janet Evans's stroke work for her while the rest of us should bend at the elbow? We learned the S-pull as kids, but that is no longer the rule. There is a line graph somewhere in the book to show you why. This is also one of the few books I have come across that goes into depth the finer points of fly, back, and breast as well. Breaststroke, a hard enough stroke to teach a proper kick for, is explained down to the muscles that are taxed when elite athletes swim. Dryland training, nutrition, tapering, ageing, and a myriad of other subjects are also

covered in a well-organized fashion. Some of the pictures are a bit difficult to see due to the small size, but that's an easy work around. It is obvious that this book was well researched. There are nearly 30 pages of references and an impressive compilation of contributors who work in various fields to create this swimming bible. I received this book free from the early reviewers program through librarything.com in return for a review. This did not affect my review.

If you are able to really spend the time to understand and follow all the information in this book, I think it is really worth it. For a casual swimmer, or someone helping their kids, there is value, but not as much as with a more serious person. Human Kinetics did a good job of putting pictures and other visual adds in the book, but I think they could have done better in some of the earlier parts to make it easier for the casual swimmer to understand. Overall, more of a textbook than any other human kinetics book I have seen. However, given the intended audience, this makes sense, and rating this as a 5 (rounding up from 4.5) Note - I received a copy in exchange for an honest review of the book through the librarything early reviewers program.

Okay so this is a textbook, not really what I called a book. Took me awhile to read but it was worth it. My timing in the first leg of a triathlon is surprisingly less. The dynamics that both authors explain in the textbook is correct. If you follow the law of physics you are guaranteed to shave some seconds, or even minutes!! It is worth reading. Definitely recommend this book to every triathlete out there...

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