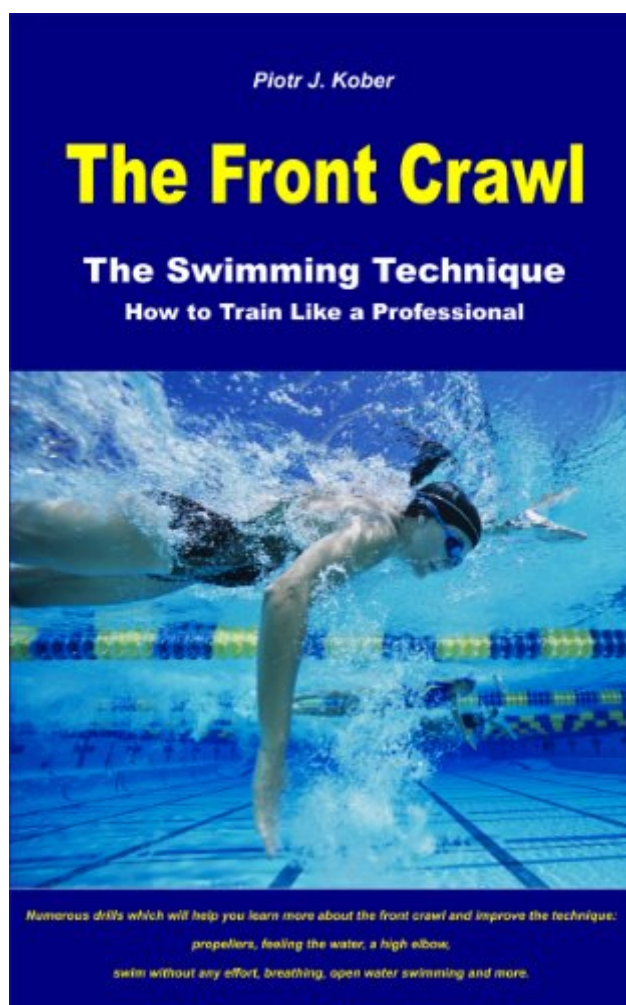




Ebook Directory
the best source of ebook

The book was found

The Front Crawl - The Swimming Technique - How To Train Like A Professional



Synopsis

The drills presented in this book are described in such a way that everybody can understand them, do them on their own and achieve better performance. In order to facilitate learning, drills are divided into chapters in which they are grouped into ones developing similar skills or body parts. However, this division is not very strict, because numerous drills develop many things simultaneously - in such a case these drills are not repeated in subsequent chapters. That is why I encourage you to familiarize with all drills before you choose those you will find most useful: - Body Position In The Water. - Feeling The Water (Propellers). - Work Of Legs. - Work Of Arms Above The Water. - Work Of Your Arms Under The Water. - Breathing. - Speed - Helpful Turns And Starts - Open Waters (Triathlon, Swimming Marathons) - Endurance. As an interlude between chapters you will find quotations about swimming. In this book you will find numerous drills which will help you learn more about the front crawl and improve the technique: - propellers, - feeling the water, - a high elbow, - swimming without any effort, - breathing, - open water swimming, - controlling your speed, - and more. In the past it was generally believed that one has to be born with a good technique, but, as we know from the experience of many coaches, the technique is being developed during training. Nowadays, it is a good technique that gives advantage to the best contestants during competitions, when leaders have strength and endurance at the very similar level. It often happens that the difference between contestants during competitions amounts to 2 hundredths of a second. In such a case technical nuances are decisive, for instance the fact that during the finish a contestant is pushing his shoulder excessively forward, hits the wall with stretched fingers and gains a few centimeters in this way. Nowadays the experience of the best coaches is available not only to the selected professionals - this knowledge may be also used by you. You can also get familiar with these drills. If you improve your technique, you will swim faster using the same or even less effort. Better performance in swimming can be achieved by adaptation to the water environment. So as to achieve that, we strive to develop our strength, endurance and technique. Water is not a natural environment for a human being, but we are capable of adapting to it. You've got an important decision to make. Do you want to discover how to swim better and faster? Unlock your potential today by thinking about buying this incredible book.

Book Information

File Size: 661 KB

Print Length: 318 pages

Publisher: Piotr J. Kober; 1 edition (April 18, 2013)

Publication Date: April 18, 2013

Language: English

ASIN: B00CFKGB5Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #413,114 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #69 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #159 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming

Customer Reviews

If you like swimming and you want to improve your technique, you have to try the exercises from this book. There are many drills for different parts of body. One thing that is missing are the pictures for each exercise but they are well described, so you can easily do them by your own.

Very detailed book on technical aspect of drills. Will help you find the points in your stroke that are lacking.

[Download to continue reading...](#)

The Front Crawl - The Swimming Technique - How to Train Like a Professional Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival (Survival Fitness Series Book 4) Dog Training -Train Your Dog like a Pro:The Ultimate Step by Step Guide on How to Train a Dog in obedience(Puppy Training, Pet training book) (Dog Taining, ... training books,How to train a dog, Book 2) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) SWIMMING: The Ultimate Guide to Mastering the Four Major Swimming Strokes The Swimming Triangle: A Holistic Approach to Competitive Swimming Teaching Swimming: Teach & Coach Swimming The Swimming Psychology Workbook: How to Use Advanced Sports Psychology to Succeed in the Swimming Pool Swimming: Swimming Made Easy: Beginner and Expert Strategies for Becoming a Better Swimmer Triathlon Swimming Made Easy: The Total Immersion way for anyone to master open-water swimming Indestructibles Creep! Crawl!

Dungeon Crawl (The Twenty-Sided Sorceress Book 8) Dungeon Crawl: A LitRPG Adventure (The Crucible Shard Book 1) The Dungeon of Death: A Dungeon Crawl Adventure (Advanced Dungeons and Dragons: Forgotten Realms) Undermountain: The Lost Level (AD&D/Forgotten Realms Dungeon Crawl Module) Undermountain: Stardock (AD&D Fantasy Roleplaying, Forgotten Realms Dungeon Crawl Trilogy, part 3) The Dragon's Lair: A single player dungeon crawl game Front Range Descents: Spring and Summer Skiing and Snowboarding In Colorado's Front Range In the Fire of the Eastern Front: The Experiences Of A Dutch Waffen-SS Volunteer On The Eastern Front 1941-45 The War in Iraq: From the Front Lines to the Home Front (24/7: Behind the Headlines Special Editions)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)