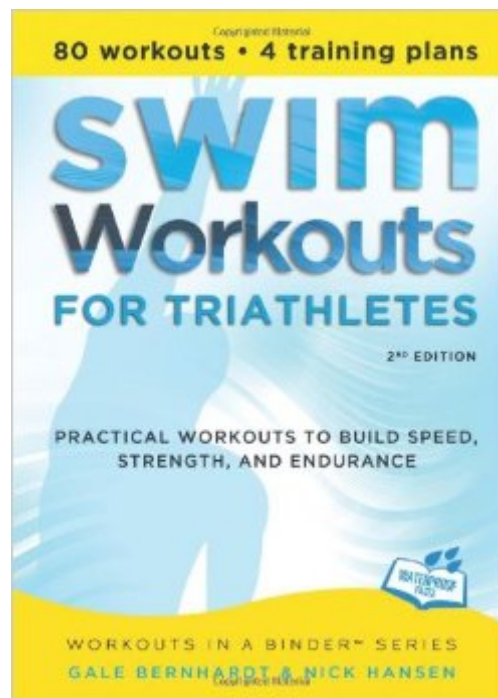


The book was found

# Swim Workouts For Triathletes: Practical Workouts To Build Speed, Strength, And Endurance (Workouts In A Binder)



## Synopsis

It's no secret: most triathletes are weak swimmers. Improving your swim will make you a faster, more confident triathlete, and you'll enjoy your time in the water. *Swim Workouts for Triathletes*, 2nd Ed. will help you develop real swimming speed. This waterproof book of 75 swim workouts provides the structure, variety, and drills triathletes need to become more efficient and faster swimmers. Each workout is designed around a specific goal--endurance, speed, form, muscular endurance, or anaerobic endurance--making it easy to prepare for events of different distances and improve all-around swimming skill. Supplement your current training plan with these workouts or use one of the book's four swim training plans to prepare for triathlon's most popular swim distances. You'll improve your efficiency and feel for the water with illustrated technique drills. New 30-minute workouts help slower swimmers or those with limited pool time get up to speed. *Swim Workouts for Triathletes* means no more swimming in circles. Take this waterproof book to the pool with you, and you'll be swimming real workouts that will make you a faster swimmer and a better triathlete.Â

## Book Information

Series: Workouts in a Binder

Spiral-bound: 120 pages

Publisher: VeloPress; 2 edition (May 2, 2011)

Language: English

ISBN-10: 1934030759

ISBN-13: 978-1934030752

Product Dimensions: 5.7 x 0.8 x 6.9 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (80 customer reviews)

Best Sellers Rank: #62,957 in Books (See Top 100 in Books) #9 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #16 inÂ Books > Sports & Outdoors > Water Sports > Swimming #27 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons

## Customer Reviews

The good points of this book for me are that:- It's waterproof- I can show up at the pool without a plan and have a productive workout.- It comes with training plans that cover everything from general fitness through to Ironman.- The text is big enough to read through goggles, without my contacts (your mileage may vary here)- It has illustrated drills (and be honest, who doesn't need to do more drills?)So why just four stars? I mean, I use this thing at all of my swim sessions now.As has been

pointed out by other reviewers, the workouts are extremely front crawl (freestyle) heavy. It's not a big problem, since the book is targeted at triathletes and swimming any other stroke in a tri doesn't make much sense. However, the IM sets and backstroke that featured in my old masters squad workouts really helped my swimming, and I think provided a balance for the muscles used in the sets. If you don't splash much when you turn, the drying of the book when you get home is easy... wipe down the page you're open to and forget about it. If you splash (or the guy in the next lane does) then it can take a few minutes to go through and wipe down all the damp pages - this is a necessary step. It's waterproof, not 'stay-dry'. The book is also seemingly written for a short-course pool (25m/yds). That's what I have access to mostly now, but I still prefer long-course (50m) and some of the workouts would be harder to adapt to long course. The abbreviations used in all the workouts can take some time to get used to, but that's not difficult unless your memory is worse than mine.

Don't write too many reviews but feel compelled to review this product as this is the second time I've purchased this item...in two weeks. Left my book at the pool and of course it was gone! While my review is somewhat degraded by the fact that I haven't used this product long enough to assess its results, it was nevertheless simple and provided focus to my sessions. Outstanding book. I am a relatively new swimmer having seriously trained in swimming for only three months for triathlons. However, I should add that I'm not new to swimming (military and childhood days) just new to competitive swimming. I am not a "program" type person. Never liked workout plans and generally stick to how I feel. Given the fact that I don't know much as to how to adequately balance drilling and swimming, this is perfect. Two knocks. One is I've never swam competitively and therefore am new to some of the lingo. The glossary section provides good explanation, but (unless someone can help me here) I could not find the explanation for 2-2-2. It explains DESC 2-2-2 but some of the workouts only have 2-2-2 as a description. I've just interpreted it as one in the same, but I think I would be totally lost if I haven't done some reading on swimming and workouts online. Next con would be I believe some of the distances are not suitable to total beginners. Three months ago, while I could swim, I would be smoked getting across the pool. Now I'm a pretty avid fitness guy and consider myself to be in great shape in general and as a Marine. Before I bought this book, I've competed in five triathlons ranging from sprint (750m) swims to Half 1.2 mile swims. I also got formal swim coaching. I consider the "beginner" workouts to be a pretty good workout.

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

Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance

(Workouts in a Binder) Speed Training: For Combat, Boxing, Martial Arts, and MMA: How to Maximize Your Hand Speed, Foot Speed, Punching Speed, Kicking Speed, Wrestling Speed, and Fighting Speed 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) Strength Training for Triathletes: The Complete Program to Build Triathlon Power, Speed, and Muscular Endurance Speed Reading: Seven Speed Reading Tactics To Read Faster, Improve Memory And Increase Profits (Speed Reading Techniques, Read Faster, Speed Reading For Professionals, Entrepreneurs) Workouts in a Binder for Swimmers, Triathletes, and Coaches Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity) Speed Reading: The Comprehensive Guide To Speed Reading - Increase Your Reading Speed By 300% In Less Than 24 Hours One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes Treat Your Own Knees: Simple Exercises to Build Strength, Flexibility, Responsiveness and Endurance The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition Natural Born Heroes: Mastering the Lost Secrets of Strength and Endurance DIY Gifts: 50 Cute And Easy DIY Gifts In A Jar That Everybody Actually Wants: (DIY Projects, diy household hacks,diy Speed Cleaning, tiny home living, ... everyday life, diy Speed Cleaning, gifts))

[Dmca](#)