

100 Best Swimming Drills

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The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming. About the Author. Blythe Lucero has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley Aquatic Masters, and Berkeley Barracudas, where she brings her passion for swimming to the development and ...

100 Best Swimming Drills – Cardinal Publishers Group
In The 100 Best Swimming Drills, Blythe Lucero has compiled the most effective swimming drills gathered from more than 20 years of working with swimmers and is an excellent resource for swimmers at any level in the quest for better swimming.

The 100 Best Swimming Drills by Blythe Lucero
Drill feedback charts are included to help swimmers identify problems and make modifications. Underwater and surface photographs give swimmers optimal images to emulate as they practice. The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

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Most triathlon swims are at 1.2 miles or less (until you get to the Ironman level). The open water swimming includes many of the swimming drills used in the triathlon workouts, but the open water workouts also include long distance training.

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Obviously the best training for open water swimming is actually swimming in open water.

100 Swimming Workouts

Freestyle Swimming Drills One Arm. Swim freestyle with only one arm, your non-working arm should be extended resting on your side. Breath to the... Finger Tips. When doing the stroke on the recovery of the arm keep your fingers pointing down touching the surface of... Strokes and Glide. Gliding is ...

All The Swimming Drills - Freestyle - Speed, Technique ...

You could do this mid-length (i.e. 12.5m closed fist, 12.5 swim), alternate 25s, or drop 25s closed-fist in the middle of a 100 or 200 swim (i.e. 100 swim, 25 closed fist, 75 swim). Super Slow ...

6 Freestyle Drills for Better Technique and Faster Swimming

10 Freestyle Drills for a Faster Freestyle 1. Closed-fist Freestyle. One of my favorite freestyle drills, and about as simple as it gets. Closed fist freestyle. 3. Underwater Freestyle with Fins. This is an advanced freestyle drill that helps you to really feel out every aspect of... 4. Head-up ...

10 Freestyle Drills for a Faster Freestyle - YourSwimLog.com

Perfect Practice Makes Perfect: Overhaul Your Swim Technique This Winter. The offseason is the best time to overhaul your swimming technique. The challenge is that drills and yardage without focus are barely worth the effort.

Drills to Improve Your Swimming | ACTIVE

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butterfly, underwater dolphin kick, breaststroke kick, sculling, early vertical forearm, flip turns, dryland drills.

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The 100 Best Swimming Drills eBook by Lucero, Blythe ... Product Information. Good swimming is all about moving through the water with the utmost efficiency. However, it is often difficult to isolate a technique problem through simply swimming laps. For this reason, drills are a fundamental part of training at all levels. 100 Best Swimming Drills presents readers with the most effective drills drawn from more than 20 years of working with swimmers.

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Whether you are a beginner or an elite swimmer, you can always benefit from doing drills, that is because your stroke will never be perfect. Having said that,...

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Freestyle is the most popular swimming stroke in the world, and is an essential skill that all swimmers should focus on. We truly believe that every single s...

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