

Swim Smooth: The Complete Coaching System for Swimmers and Triathletes

Paul Newsome, Adam Young

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Transform your technique and become a better swimmer with this remarkable new approach to freestyle swimming

Written for both fitness and competitive swimmers, Swim Smooth contains the latest breakthroughs in swimming to help you radically improve your speed, enjoyment, and success. Hundreds of full-color photographs and three-dimensional graphics help you put theory into practice while detailed advice offers help for intermediate, advanced, and elite swimmers alike. The book's approach lets you identify the strengths and weaknesses of your stroke and drills and training tips let you make the most of your time in the water.

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