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Extraordinary Swimming for
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who wish to advance beyond
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levels of skill and mastery;
(2) those interested in
becoming complete swimmers;
or (3) competitive swimmers
of any age especially
Masters swimmers.

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levels of skill and mastery;

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Page 22/51

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Every Body - a . . .

Kaizen Swimming - how and why - is the theme of our latest book, Extraordinary Swimming for Every Body which is also the most complete and current summary of how to swim your best the

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SwimAndTri: Extraordinary
Swimming for Every Body: A
Guide ...

Extraordinary Swimming for
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is most widely recognized
for teaching efficient
swimming via step-by-step
sequences of skill drills,
but I believe the most
important distinction
between TI and traditional
swimming has less to do with

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your muscles than your mind:
We believe swimming should
be done as a "practice,"
much like yoga or tai chi,
rather than as a "workout."

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(2) those interested in
becoming complete swimmers;
or (3) competitive swimmers
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Total Immersion? The
Revolutionary Way to Swim
Better, Faster, and Easier
(1996, 2004??) Swimming Made
Easy (2001) Triathlon
Swimming Made Easy (2002)
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Laughlin also authored
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Immersion instructional",
"Triathlon Swimming Made
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Page 40/51

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Resources

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recycle over 2.3 million
books, saving over 12,500
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Terry Laughlin is head coach

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of Total Immersion. This article is excerpted from his latest book, Extraordinary Swimming for Every Body. Read similar articles at www.totalimmersion.net.
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ACTIVE

Last week we shared an excerpt from a companion instructional manual that Terry Laughlin created for T.I. workshop attendees, adapted from his 2006 book, "Extraordinary Swimming for

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Every Body.” The purpose of the supplementary material in this manual was to provide practical suggestions to guide T.I. swimmers through the first several weeks or months following a T.I. workshop

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(or after learning with T.I.
self-teaching tools).

Conventional Training vs.
Kaizen Training: Maximize
the ...

Water fun for everybody on

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Bali. In Bali you can enjoy endless sandy beaches and fall asleep to the sounds of the waves at the Eco-Luxury-Resort Puri Dajuma Cottages & Spa in Westbali faraway of the tourist bustle. But also two pools of the resort have

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convinced us and families
get their fill: while the
adults splash in one pool
with sea view, the little
ones slide in the second one
or play ...

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The most extraordinary pools
allowing us to dream of ...

The first time Diana Nyad
tried to swim around
Manhattan, in the fall of
1975, she was pulled out of
the East River in the black
of night after eight hours

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