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"Science of Swimming Faster" is a remarkable achievement--one that embraces, explains, and applies the l However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret--just science.

Science of Swimming Faster by Scott Riewald

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Science of Swimming Faster (Sport Science) Scott A. Riewald. 4.8 out of 5 stars 18. Paperback. £27.99. Only 8 left in stock (more on the way). Championship Swim Training Bill Sweetenham. 4.6 out of 5 stars 66. Paperback. £18.35. Usually dispatched within 1 to 4 weeks.

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Science of Swimming Faster is a remarkable achievement--one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport.

Science of Swimming Faster - Human Kinetics Canada

Swimming is superb aerobic exercise (vigorous exercise that really pumps your heart and lungs) and very tiring; the two things are, of course, connected. You can swim further for longer by swimming more efficiently, which means using as little energy as possible for each stroke by minimizing drag, and getting as much forward propulsion as you can.

The science of swimming - Explain that Stuff

However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret--just science. Science of Swimming Faster is a remarkable achievement--one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource:

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Editors Riewald and Rodeo assemble many of the world's leading swimming experts to reveal the latest in research, technology, training, and performance across the sport. Authoritative and applicable, Science of Swimming Faster dives into the physiology, biomechanics, medicine, psychology, and training for swim performance while providing prescriptive advice along the way.

Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes In "Swimming Fastest"--a revised and updated version of one of the best books ever written on competitive swimming--author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the training process so that you can swim stronger and faster. "Swimming Fastest" addresses not only the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics. "Swimming Fastest" covers every aspect of competitive swimming. The book is heavily illustrated, with more than 500 illustrations and photos featuring world-class swimmers. Sequences of photos taken from the front, side, and underneath views show you exactly how to perform competitive strokes, starts, and turns. This book is a source that coaches and athletes will pull down from their shelves again and again for reference. In part I Maglischo masterfully explains the mechanics of competitive swimming. He presents detailed technique analysis of the four primary strokes: freestyle, backstroke, breaststroke, and butterfly. He also explores the roles of stroke rate, stroke length, and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion. He explains the complex relationship between stroke length and stroke rate and swimming speed, and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force. Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event. Maglischo provides critical information to help you train more accurately and monitor your training more effectively. He evaluates current training theory, explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are important to swim training. Maglischo also presents important new studies that define the relationship between endurance and sprint training, and he suggests their implications for training. Part III addresses topics that pertain specifically to competition and racing. Maglischo shares his insights and recommendations for pre-race tapering, establishing race pace, racing strategies, and post-race routine. Every swimming coach and serious swimmer will benefit from this book. "Swimming Fastest" will be the first resource you turn to when you want to trim precious seconds off your best times.

An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

Outlines a comprehensive training program for swimmers, covering warming up, cooling down, training for specific strokes, building endurance, core stability, developing explosive power, enhancing flexibility, preventing and coping with injury, nutrition, hydration, and strength conditioning.

Swim better--and enjoy every lap--with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement--not athletic ability--that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: • A thoughtfully choreographed series of skill drills--practiced in the mindful spirit of yoga--that can help anyone swim more enjoyably • A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable • Simple but thorough guidance on how to improve fitness and form • A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

Swimming is often touted as one of the most accessible workouts--low impact, low tech, and beneficial at any stage of life. Yet each time you suit up and dive in, your body's moving parts must work together to propel you through dozens of pounds of water resistance, somehow emulating the movements of species that evolved specifically for the water. What are the physical forces at work when you get in a pool, and what determines whether you will sink or swim? Writing to competitive and novice swimmers alike, contributors to this volume break down every aspect of the sport. Swimming Science covers physiology, psychology, and safety, as well as hydrodynamics, nutrition, and technique. Each chapter examines these topics through a series of practical questions. What are the forces acting on you when you swim, and how do your muscles best generate propulsion against those forces? How much protein, salt, and iron should a swimmer consume, and how does energy from carbohydrates compare to energy from fats? How important is the "swimmer's physique" in competitive swimming, and is technique or strength more necessary for generating speed? These questions are examined with the aid of explanatory diagrams and illustrations, and the book can be used to search for particular topics, or read straight through for a comprehensive overview. Whether you are a competitive swimmer looking to optimize your performance or just beginning to dip a toe into the sport, Swimming Science is a must-read.

In a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret--just science. Science of Swimming Faster is a remarkable achievement--one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource: • An easily understood repository of swimming research • Insights distilled from great sport and exercise scientists, coaches, and swimmers • A do-it-right reference for a host of techniques and tactics • The most credible and widely used training principles and programs • An analysis identifying key factors contributing to elite and world-record swimming performance • An insider's access to the strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world's most successful swimmers. With editors Scott Riewald and Scott Rodeo and a who's-who list of international experts on the sport, Science of Swimming Faster offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

Textbook on swimming techniques

Eat Right, Swim Faster is the ultimate nutrition resource for competitive swimmers of all ages. It is a smartly written book of highly practical and very accessible information for swimmers interested in what food can do for them in their pursuit of maximum performance in the water. Rather than insisting that readers wade through a tangle of highly technical terminology, Eat Right, Swim Faster provides an abundance of sound, practical advice, in a straightforward, non-academic tone. Eat Right, Swim Faster draws on the very latest sports nutrition research as well as the very personal experience of the author--a registered dietitian, sports nutritionist, swim coach, athlete, and mother of three competitive swimmers. Readers can therefore be confident they're receiving the smartest, most up-to-date information on the foods and drinks that will serve them--and their swimming performance--best.

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