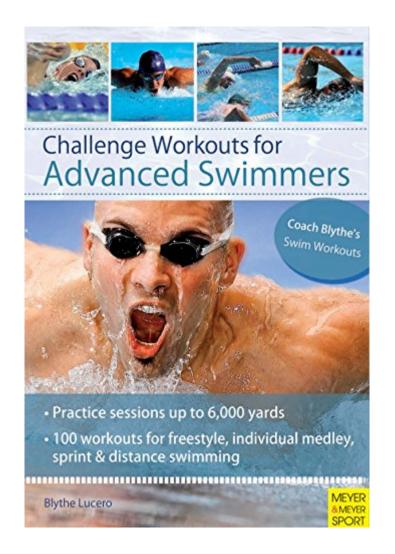
## The book was found

# Challenge Workouts For Advanced Swimmers





# Synopsis

The third book in the series, called "Challenge Workouts for Advanced Swimmers", contains 100 advanced level workouts that focus on speed and yardage, with specific workouts for freestyle, individual medley, sprint and distance swimming. The workouts in this book use pace work, descending and building sets, and goal swims, that total up to 6,000 yards/meters. Each workout is accompanied by a "Personal Challenge" to meet advanced training goals through controlled exertion, and improved pace and recovery time.

## **Book Information**

File Size: 17346 KB Print Length: 160 pages Publisher: Meyer & Meyer Sport; 1 edition (December 1, 2009) Publication Date: December 1, 2009 Language: English ASIN: B00QZ54NP2 Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #1,238,698 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #136 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #190 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #526 in Books > Sports & Outdoors > Water Sports > Swimming

#### **Customer Reviews**

I use this book for the elite swimmers on my swim club. It ha great sets that you can mix and match or take as written. This book assumes you know stroke drills from the previous books. I would recommend this to elite swimmers and their coaches.

I use this for my advanced swimmers, and I love it. There is a decent amount of variety, and I can always find something challenging.

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