Challenge Workouts For Advanced Swimmers

- Practice sessions up to 6,000 yards
- 100 workouts for freestyle, individual medley, sprint & distance swimming

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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
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Customer Reviews
I use this book for the elite swimmers on my swim club. It has 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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