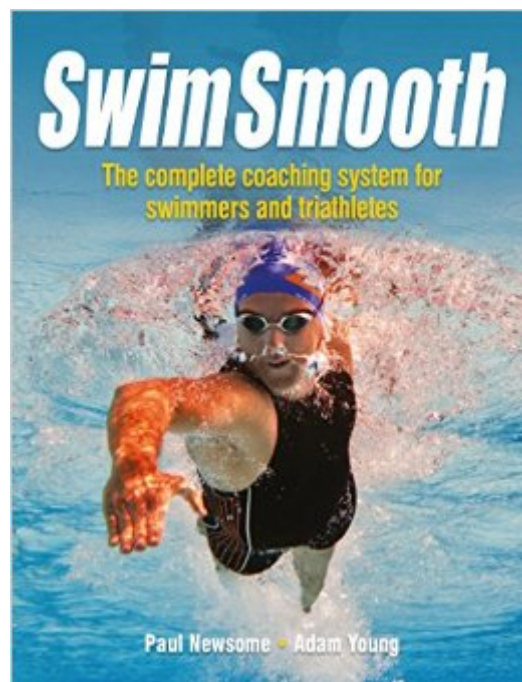


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# Swim Smooth: Improve Your Swimming Technique With The Complete Coaching System For Swimmers & Triathletes



## Synopsis

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style. The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. Swim efficiently. Swim fast. Swim Smooth.

## Book Information

File Size: 40265 KB

Print Length: 332 pages

Publisher: Fernhurst Books; 2 edition (June 15, 2012)

Publication Date: August 23, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00EQ8J1OI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #127,433 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #16

inÂ Kindle Store > Kindle eBooks > Nonfiction > Sports > Water Sports > Swimming #20 inÂ Kindle

Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Triathlon #24 inÂ Books >

Health, Fitness & Dieting > Exercise & Fitness > Swimming

## Customer Reviews

At the age of 29.5 years old, I decided that I wanted to learn how to swim with the goal of participating in triathlons, so I'm writing this review from the standpoint of someone completely new to the sport. I had very little experience in the water my entire life (although I've always been in

pretty good shape and participated in a variety of land-based sports), could do little more than fight my way across the pool to the other side, and looking back, I grossly underestimated the effort that would be involved in becoming a "good swimmer", largely because it has taken me a really long time to become truly relaxed in the water. Over 18 months later, I'm still "learning how to swim" but have made substantial progress (currently swimming at around 1:50 per 100 and trending even lower, which is terrific for me), largely thanks to the Swim Smooth website and the tremendous work that Paul Newsome and Adam Young have put into it taking such a slippery topic and breaking it down into a relatively simple science that's consumable by the masses. (To be clear, that's somewhere around 500 "career" swimming hours over 18 months, which works out to be around an hour a day on average and seems like a lot...except that there are 6 year olds out there with more career swimming hours than I have accrued, which is quite humbling.) Having extensively reviewed the material on the website, followed the blog, and kept up with everything that Swim Smooth has to offer for over 18 months (including premium products like the Mr.

I am a recreational swimmer who tried to relearn to swim better back in 1998 from Terry Laughlin's book. I have never been on a swim team to get good coaching advice. I have recently looked at a few new and old how-to-swim books. The newer advice is quite different from the older books which encouraged habits that can easily lead to shoulder injuries.<sup>1</sup>) A new book "Swim Smooth" has the most modern advice of all, along with a fine web site [swimsmooth.com](http://swimsmooth.com) with a super free app you can download and watch from any angle and at very slow speed (esp from underneath to see the difference from the old S-shape recommended arm movement for the crawl). Looking through this book a few days ago already has led to a major revision of my freestyle. You can get the essential info from this fun book by just looking at the numerous pictures and reading the captions. My self-taught freestyle stroke has several major flaws, eg. I should not angle my hand sideways on entry which can injure the shoulder and I should not cross the center line on arm extension or pushback (some old books show the arm crossing horizontally under the body) which loses propulsion and leads to being off balance. The entry angle should be at a steep approx 45 degree angle and the hand should tip down for the catch right after full extension (instead of gliding more). And forget about a sideways scull and S-shape arm movement (update: I have added back a partial S movement which seems to flow better with increased speeds if you use fins, plus Olympic swimmers do that too). Anyway, the book "Swim Smooth" and web site (with the downloaded MrSmooth app) is my top choice for a relearn-to-swim-freestyle book for amateurs who have no coach.

Amazing book. It clearly identified so many issues I have with swimming after getting back in the water after 20 years. I'm training for a triathlon and swimming is my weak area so I need to work on it. I'll come back and update the review as I go further through it but I've already determined what type I am and all of it was dead bang on. I've used several of the exercises and it is definitely helping to increase confidence. They explain things so anyone can understand. The drills make sense and move you along well enough you don't feel like you are taking everything soooooo sllllloooowwwwwllllyyy you are bored. The most frequently recommended book to me from other triathletes is the Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier but that seemed to want me to lengthen my stroke and I could not get the rhythm of breathing to work with such a longer stroke. I'm very short and petite and it just wasn't working. Also I read so many blogs and info that it took people YEARS to get comfortable and be a better swimmer with TI so the advice was don't give up. That's great but I'm just not that patient. I want to be able to build, see progress, and I want my swimming to be based on me and how it works best for me. I bought the Easy Freestyle Swimming by Terry Laughlin but really struggled to get through it. It was so very very boring and I didn't feel like I was making any progress other than comfort in the water.

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