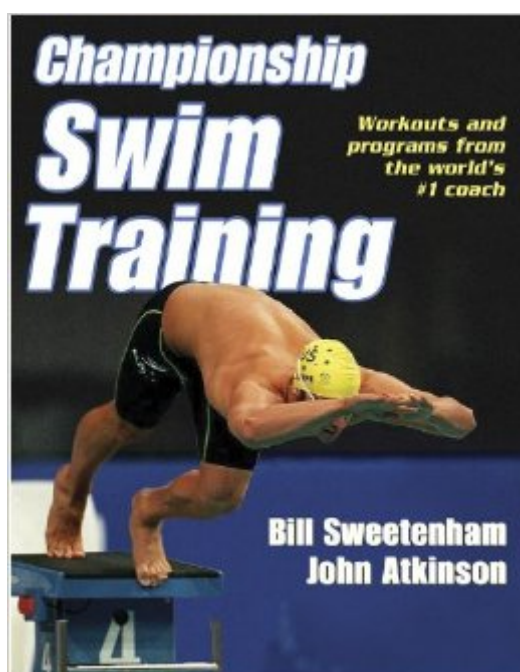


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# Championship Swim Training



## Synopsis

Whether you're a coach looking to build or supplement your program or a swimmer seeking to improve your technique and time, you'll benefit from swim coaching legend Bill Sweetenham's proven methods for improving performance in the backstroke, butterfly, breaststroke, freestyle, and individual medley. Sweetenham has spent his career developing world-class swimmers—first for Australia, then for Hong Kong, and now for Great Britain. He engineered Australia's success at four Olympic Games and five Commonwealth Games and has coached 63 top swimmers in international competitions to 27 Olympic and World Championship medals. Now, through Championship Swim Training, he and coauthor John Atkinson, a former national team coach in Australia and current national youth coach with British Swimming, provide the detailed plans and strategies to help all swimmers maximize their swimming potential. Beginning with Sweetenham's five golden rules for swimming that apply to all swimmers—regardless of their background—Championship Swim Training is divided into two parts. Part I, Technique Drills and Sets, deals with training zones and benchmark sets so critical to effective training and goal setting. Also included is a series of drill progressions and checklists that can be applied to each stroke and the individual medley. These progressions will help pinpoint stroke deficiencies and improve stroke technique as well as sculling, starts, turns, finishes, and kick and pull training. The checklists give swimmers and coaches tips for training and competition. Part II, Workouts and Programs, is full of information for coaches to plan the long-term development of juniors through masters swimmers. Sample training sets are provided and can be customized to suit the level of that swimmer or squad. Part II also covers the critical tapering phase to get swimmers ready for competition and provides detailed racing strategies. Dryland conditioning suggestions help swimmers train all year round, whether in or out of the water. And no world-class coaching book would be complete without a chapter on how to completely and objectively evaluate your training program. Championship Swim Training provides a complete roadmap for coaches and swimmers who want to follow a systematic and proven way to record-breaking times!

## Book Information

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## Customer Reviews

I am somewhat disappointed in the book because some of the material appears a bit disorganized, some concepts on training are defined vaguely especially when it comes to basic concepts and there is little emphasis on why to do things. Let's start with the positive points in this book. To be a pretty thin book, the book gives information on most aspects of swimming. The book also contains drill progressions which are good and not seen anywhere else and even an own chapter of sculling and one on kicking. The benchmark tests are good and tests several aspects of swimming. Swimmer commitment and development is briefly discussed. Some dryland training are briefly by giving pictures and explanation of some polymeric exercises and stretching. But if its specifically dryland training you're interested in, you should probably consult another book. When it comes to technique the book focus on the key points for developing a good technique, this is very helpful. Sample sets for different strokes are given. However it does not explain why to do it. Also here if you're interested in details on technique you should consult another book. The main problem comes to the main emphasis of this book: training. Sample sets are a large portion of the book, but when it comes to defining the training zones little explanation and guidelines are given. Not less than a jungle of 11 training levels are mentioned and since the training zones rest interval and speed is not always defined it becomes harder to customize the sample training sets given and to work out sets on your own. If you are to adopt the training zones given to the zones you usually use, it can become very difficult. Unfortunately no reference to books are given that may give a more detailed explanation.

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