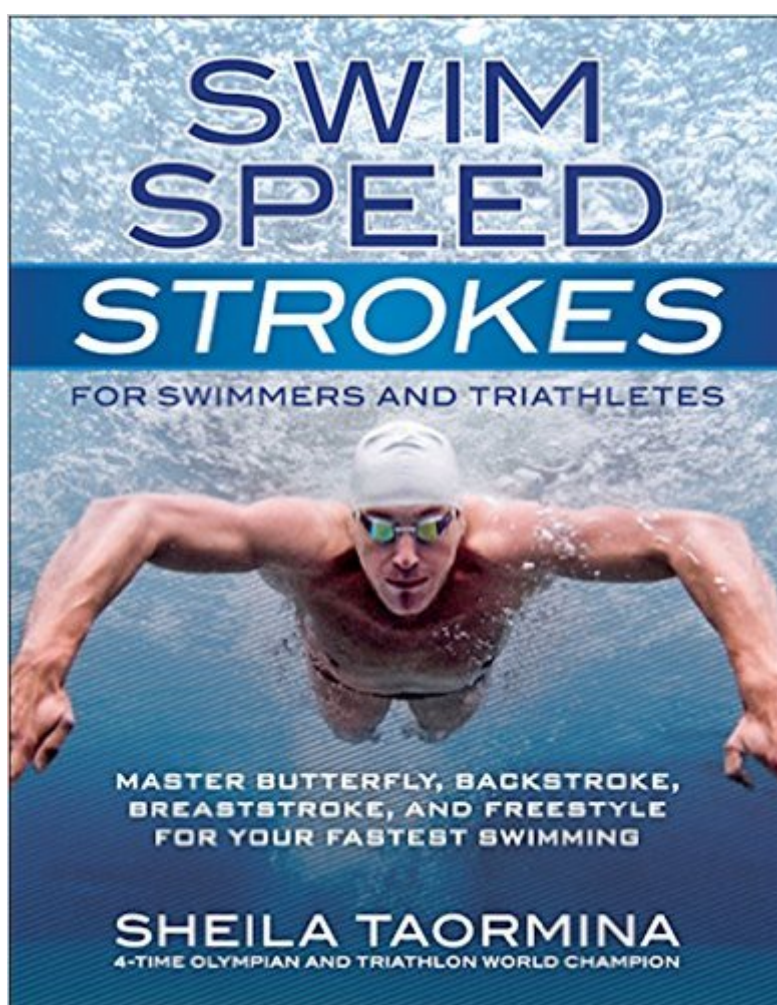


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# Swim Speed Strokes For Swimmers And Triathletes: Master Freestyle, Butterfly, Breaststroke And Backstroke For Your Fastest Swimming (Swim Speed Series)



## Synopsis

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters. *Swim Speed Strokes* goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will show you how to become the strongest swimmer you can be.

## Book Information

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## Customer Reviews

I've read most of the books on competitive swimming technique going all the way back to Counsilman's "Science of Swimming" and if I was going to own only one book, this would be it. It is clearly written with beautifully clear photos that make it a pleasure to read over and over. Each time, I get something more out of it, or refresh something I'd forgotten. The best part is it's accuracy. Sheila uses world record holders and world record performances to illustrate the physics, form and turnover rate we should be using. As a competitive swimmer and coach, this is a gold mine of great information!

A great sequel to her first book. It is the best book on stroke technique out there. The book would be worth buying for the photos alone. I wound up buying 3 copies of her first book because I loaned them to people who loved it. They loaned the book to people, who loaned it to people, who loaned it..., etc. I am telling no one I bought this.

I have 2 swimmers and have been in the sport for over 2 decades. I've read dozens and dozens of swim books and this is the best book I've ever seen to explain visually and verbally the process of swimming fast. Clear. Concise. Efficient. If you want to maximize your speed or the speed of someone you know, this is the book. Sheila rocks!

This has been beneficial in terms of understanding the various strokes. I am going to go back and look at her earlier book and look at companion videos. The pictures are extremely beneficial because it has allowed me the opportunity to see what the hand position looks like through the pull and check body position. Utilizing several athletes allows the chance to compare the strokes and see the similarities and differences. Well done.

Excellent book describing each stroke and how to do it. The author focuses on freestyle but the great pictures and description of each stroke is well done and easily understood. I wish her workouts included strokes other than freestyle. She says do fly but no drills on the stroke.

Sheila's narrative on the history of swim hydrodynamics was a surprisingly compelling read for such a "dry" subject. The book contains the best underwater photos I have seen illustrating all the details

of body, arm and leg movements for each stroke. The numbered photos detailing how to perform each drill are also immensely helpful. While it is daunting for a younger child, I would recommend getting teenage competitive swimmers to read this book so they can better understand why each stroke or drill is performed a certain way.

If you are at all serious about improving your strokes, this book is for you. It breaks down the elements of each stroke and is full of photos of world-class swimmers doing the strokes properly. It is written for pretty much any swimmer at any level. It will help you.

A wonderful comprehensive explanation of stroke technique history and current stroke mechanics. There are many photos that help the reader understand the science. The book was beautifully written. I would highly recommend this book for those that are seriously interested in achieving elite swimming..

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