Championship Swim Training Sweetenham

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a training program for swimmers that includes workouts sets and skill tests to help swimmers evaluate their skills and improve their overall performance

a complete perspective on the past present and future of competitive swimming colwin a swimming coach for over 45 years offers a storehouse of swimming science and history plus practical advice for today s coaches and swimmers

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swimming training program sets out the 300 swimming schedules and 115 weight schedules making up a single six month training cycle each week s program which in most cases involves thirteen swimming schedules and five weight schedule also includes a description of how the week s program is compatible with and contributes to lydiard s

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