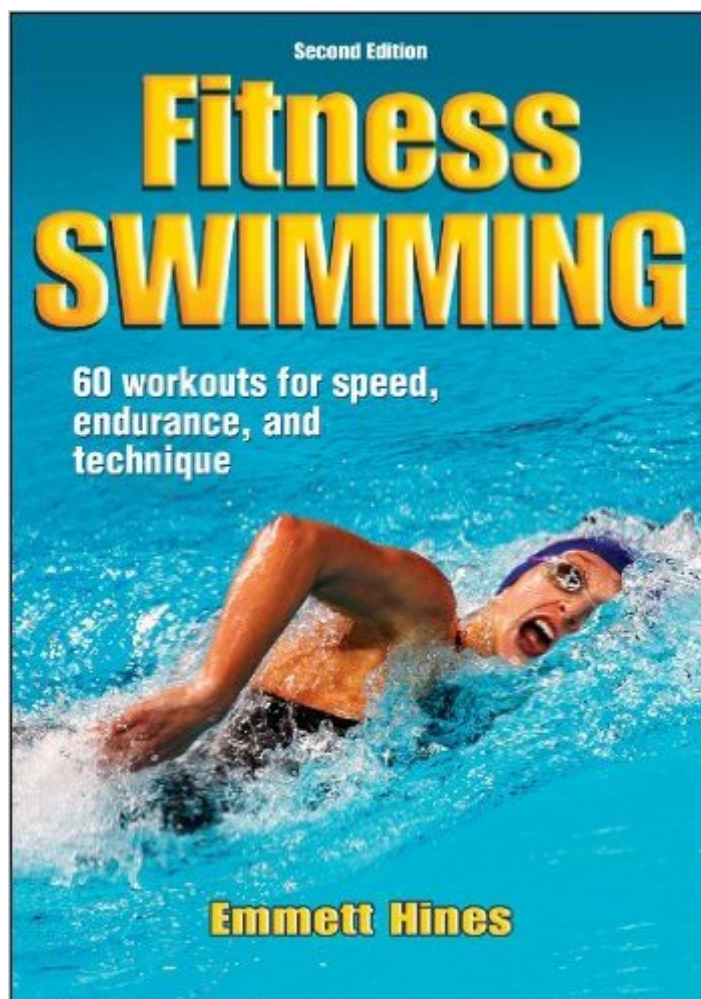


The book was found

# Fitness Swimming, Second Edition



## Synopsis

Want more from your workout? Whether you seek to improve your technique, trim your times, swim greater distances, or simply improve your fitness level, *Fitness Swimming* will help you achieve your goals, all in full-color. Expert swim coach Emmett Hines has created 60 new workouts and 16 sample programs, each arranged into suggested training zones to correspond to your fitness level and performance goals. Over a dozen cutting-edge technique drills help you progressively build an effective freestyle stroke. The text covers stretching, warm-up and cool-down methods, heart rate zone targets, expanded instruction for stroke efficacy, progressive drills, conditioning tips, and fitness assessments. *Fitness Swimming* has all the information you need to chart progress and maintain peak performance.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (56 customer reviews)

Best Sellers Rank: #45,538 in Books (See Top 100 in Books) #5 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming](#) #13 in [Books > Sports & Outdoors > Water Sports > Swimming](#) #7561 in [Books > Textbooks](#)

## Customer Reviews

There's an old saying about paradigms--"If you continue to do what you've always done, you'll continue to get what you've always got." I have been a "triathlete" for the past ten years. Well, at least that's what I told people. Trouble was, I couldn't swim the length of a 25-yard pool. However, every year I was determined to learn how to swim and finally become a "real triathlete." And every year I continued to give up after struggling to do it on my own. Finally, two months ago I was fortunate enough to attend a "Total Immersion" workshop which was coached by Emmett Hines. I couldn't believe it when the first thing he said he wanted me to do was swim the length of the pool, let alone the fact that he was going to videotape it. I skipped the warm-up laps everyone else was doing just so I could have enough energy to swim the entire twenty-five yards! Well, when my turn

came, I took a big deep breath and swam to the other side...barely. Next came the fun (ha-ha) part--evaluating the video. The way Emmett was talking about the others, who were mostly experienced swimmers, I hoped he forgot to turn the camera on for my turn. But then this swimmer came on the monitor who made me start laughing...yeah, it was me. It took me 21 strokes to swim the length of the pool. Although I prayed that Emmett would just give me a book to read and I would learn to swim by the end of weekend, I found out we were actually going to have to swim in the pool! We began in the classroom, where Emmett instructed us on proper "fishlike-swimming" before we returned to the pool to practice the techniques. I found out after I bought "Fitness Swimming" the next day that everything Emmett taught came right from his book.

I have never written a book review before. But this book has been so incredibly helpful that I am compelled to write a review for it.

**The Book:** The bulk of the book contains balance drills -- static balance drills (no arms, no rotation), and dynamic balance drills (integrating arms and rotation). Most swimmers, according to the book, don't know how to position and balance their bodies in the water, and the book lays out specific drills that teaches you how. With each drill, the book tells you exactly what to focus on, and the visual images that would help you. It is extremely clearly written, with helpful pictures. The book contains different levels of workouts containing drills and regular swimming. The novice plans contain mostly drills for 600-800 yds, and the intense workouts contain some drills and a lot of interval swimming, for around 3000+ yds. For each type of workout, the book tells you the focus of the workout. In addition to having lots of good information, this book is well layed out. All the important points are enclosed in boxes of a different background color so that visually, it gives you a queue that these are what you should focus on. The book also has no fluff! I skimmed through other swimming books, such as the Total Immersion book. All those books make you read through a whole chapter to get one bullet point out of it. This book, however, is concisely written, with no unnecessary stories about the author's Thanksgiving dinner. I read it the first time through in a only 2-3 hours.

**The Result:** I am a novice swimmer. I took one 8-week course on the basic strokes, and have been swimming 3/4 mile, 3-4x a week for the past few months. My times are embarrassing -- it takes me 3 minutes to do 100 yards!

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