



## Janet Evans Total Swimming (Paperback)

By Janet Evans

Human Kinetics Publishers, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. This title provides swimmers with the guidance and structure they need to attain the maximum benefits of each workout and season. The clearly presented, easy-to-follow and progressive workouts are designed and arranged into 12 programmes for swimmers of varying levels and training periods - summer, yearlong, competitive. Though the workouts and programmes are a primary emphasis of the book, essential training topics such as assessing fitness levels, selecting equipment and stroke techniques are also detailed. This book will be ideal for swimmers and triathletes seeking more variety and structure in their workouts and fitness enthusiasts who have chosen swimming as their primary training activity.



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*-- Darrin Abbott*

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