

## Breakthrough Swimming

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never before has one book taken such a comprehensive look at the evolution science and coaching application of competitive swimming in breakthrough swimming legendary swimming coach and researcher cecil colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics training methods and racing techniques accompanied by richly detailed illustrations this engaging text is one of the most insightful written works on the sport it makes clear sense out of the scientific principles and puts into context the historical changes in the sport not only will you gain a greater understanding of competitive swimming through its origins and evolution but you ll also gain these valuable skills improve your stroke technique starts and turns improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke improve your conditioning and develop a better training program by understanding the principles of training learn how to design different types of workouts to produce specific physiological effects learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim the book includes a chapter contributed by dr david pyne sport physiologist to the 2000 australian olympic swimming team pyne covers the physiology of modern swimming training and the preparation of swimming teams for top flight international competition breakthrough swimming covers every aspect of competitive swimming from its spawning ground in early 19th century england to the present day including the profound changes that occurred in the last decade of the 20th century the book also explains the societal changes of recent years such as the advent of professional swimming and the specter of performance enhancing drugs combining history with the latest innovations breakthrough swimming is the definitive work on the past present and future of competitive swimming

the youth athlete a practitioner s guide to providing comprehensive sports medicine care includes topics that provide the most comprehensive and holistic understanding of the youth athlete the foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs the middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g female athlete triad sports specialization final sections emphasize specific sports e g soccer basketball esports allowing the reader to synthesize the previous information to assist with return to play decision making written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties the complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market covers diverse topics that reflect our current understanding of youth athletes and issues related to their care incorporates evidence based approach highlighting the latest state of the art information and research written by global content experts throughout the sports medicine field

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here four time olympian gold medallist and triathlon world champion sheila taormina reveals the swim technique used by the world's fastest swimmers with this book triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water

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