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Swimming Drill Book the Human Kinetics Library of Congress Cataloging-in-Publication Data Guzman, Ruben J., 1957- The swimming drill book / Ruben Guzman. p. cm. Rev. ed. of: Swimming drills for every stroke. c1998. ISBN-13: 978-0-7360-6251-0 (soft cover) ISBN-10: 0-7360-6251-3 (soft cover) 1. Swimming--Training. I.

### **The Swimming Drill Book | Swimming (Sport) | Bathing**

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With 128 highly effective drills, expert instruction, and more than 375 detailed illustrations, this comprehensive resource will help improve every facet of your swimming.

### **The Swimming Drill Book eBook - Ruben Guzman**

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List of drills for Swimming Butterfly drills (FL) Name Description (RD LB FL) Right down left back Swim fly with right arm only 25 then 25 with left arm. Breathe to the side and work on raising the hips to the surface. Do not allow the swimmer to turn it into a free drill. Works on coordination and

### **List of drills for Swimming - pfyswim.com**

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### **The Swimming Drill Book - Swimming World News**

Protocol to determine your swimming pace zones using a graded swim test Description of swimming drills Full 16-week training plan with three workouts per week

### **16-Week Swim Training Plan preview**

Loaded with 128 drills and more than 375 illustrations, The Swimming Drill Book shows exactly how to master

every stroke?freestyle, backstroke, breaststroke, and butterfly?along with the starts, turns, and finishes that are critical for faster, more fluid performances.

### **Swimming Drill Book by Ruben Guzman - OverDrive**

Swimming fee plus an LMSC fee (varies from one LMSC to another). Only registered U.S. Masters Swimming members may swim for clubs and only members of the same club may officially swim together for relays at meets. Swimmers register with a Masters club, depending on club procedures, by one of the following ways: 1.

### **Coaches Handbook - U.S. Masters Swimming**

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5th 100 is SWIMMING FOR GOLD (100% effort). Ironman Race Specific: 12 x 100 (in place of the 10 x 50). 1200 pull or swim (in place of the 500). 4 x 300 descend (in place of 5 x 100 descend). 200 easy in between each set. Sprint Race Specific: 8 x 25 9in place of the 10 x 50). 200 straight pull or swim (in place of 500 straight).

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