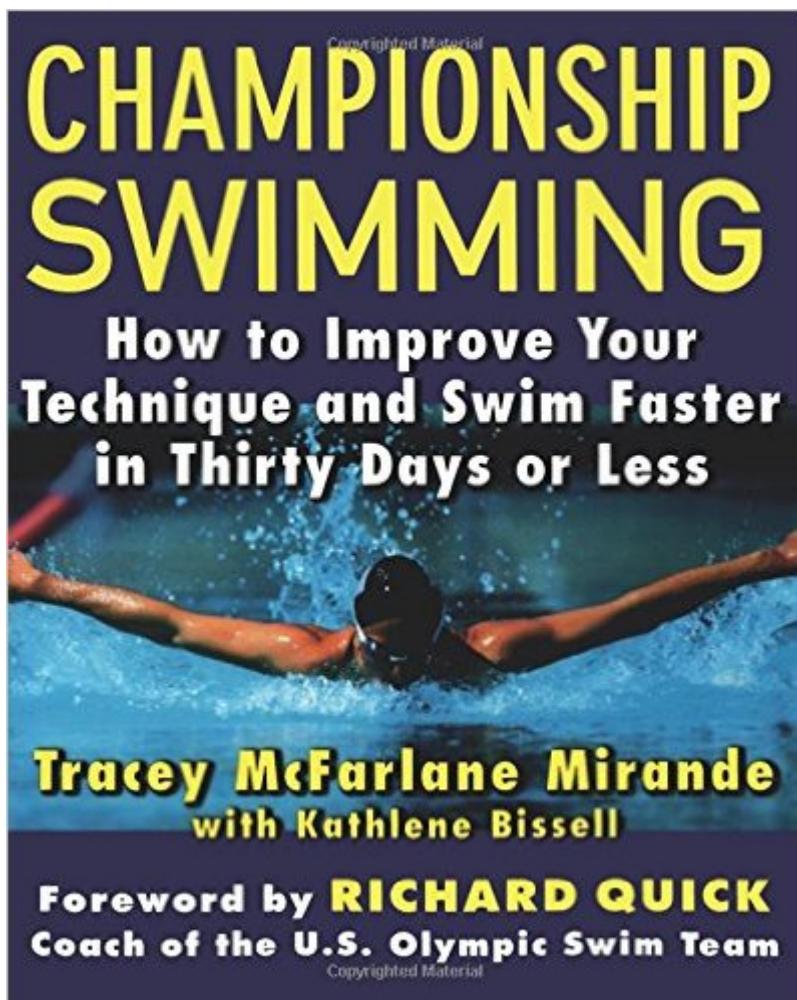


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# Championship Swimming: How To Improve Your Technique And Swim Faster In 30 Days Or Less



## Synopsis

From an Olympic medalist, a proven, step-by-step program for helping you swim your best. Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, *Championship Swimming* brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best. With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features: Step-by-step drills for improved strokes and more enjoyable workouts. Tips on how to eliminate "drag". Techniques for swimming more powerfully with less effort. Dry-land exercises. Easy-to-follow illustrations. From intermediate to competitive swimming, *Championship Swimming* is sure to improve the quality of every swim, whether for leisure, exercise, or going for the gold.

## Book Information

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Average Customer Review: 4.1 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #1,011,650 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #264 in Books > Sports & Outdoors > Water Sports > Swimming #199493 in Books > Textbooks

## Customer Reviews

Though I've been a masters swimmer for a few years, this book and its drills were helpful. By going through the prescribed program, week by week, the freestyle concepts of rotation, breathing on both sides, and stretching, start to replace old habits. I agree, it's important to drop back and work on technique, rather than reinforce poor body mechanics while keeping up in your lane. The freestyle and breaststroke chapters were the most helpful to me.

I bought this for my son who is on the high school swim team. Even though he was already a good swimmer, he said there were lots of helpful tips and training techniques that helped him improve his performance.

There is not a lot to say about this book. It covers the basics, and more details on freestyle. There are some good hints/tips, but not very deep. Still a good book to read.

This book is about as good as you can do for a beginner/moving-into-intermediate. In my experience the basic strokes are sometimes not fully explained in clinics. I'm a fairly good swimmer but I did not know a goodish chunk of these instructions. I'm sure there are other books that have similar material but I could not find a good one. For me the pace has been perfect, a decent freestyle in a month. I think this is a good preparation for someone before joining a masters program or reading a book like "Mastering Swimming" which has more advanced drills. And it worked! I worked hard at it and I swim freestyle very well. I have a good intro to the other strokes. I can do flip turns. I became a much better swimmer, as promised, in 2 months. It is probably best for someone at just the right interval: Someone who CAN swim and wants to improve. I think she simplifies things that can seem much harder in other books. But the basics are an important step that you can't get around.

The book doesn't refine technique. It is good for beginners. For people who can swim very well I would not recommend this book.

I liked this book very much. It was sent to me in a timely matter as promised. The book was delivered in new condition. It deals with all of the main swimming movements and strokes as the information on the book explained, before I ordered it, and the author handles the layout of the material in a very systematic method and procedure. I can not wait until I start reading the book.

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