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Swimming Workouts: For Master Swimmers

By Sarah Patricia Condor-Fisher

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 144 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book contains a selection of workouts from an experienced master swimmer. It is intended for those who want to keep in shape and possibly compete in USMS Nationals like its author. If you are over 40, fit and disciplined, yet have no more than two hours a day to spare, often less, sometimes every other day, and if you believe yourself to be sufficiently fit and disciplined to improve and compete, the book is for you. This book contains basic advice on workout planning, cycling, as well as basics of nutrition, stretching and dry exercise routines. Its main purpose, however, was to collect swimming workouts and sort them out into macrocycle periods, in order to make your pool time more productive and enjoyable. These routines are intentionally printed in larger letters, one per page, so that you can copy them and take them with you to the pool. Sarah P. Condor-Fisher is a former Olympic swimmer, coach, personal trainer and nutritional analyst. This item ships from La Vergne, TN. Paperback.


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