



## Complete Conditioning for Swimming

By David Salo

Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 256 pages. From more powerful strokes to quicker turns, propel yourself to improved times with Complete Conditioning for Swimming. This multidimensional training program uses fitness assessments to tailor strength, endurance, and flexibility exercises to each swimmers individual needs. Dave Salo, coach of Olympic medalists Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak, and Scott A. Riewald, performance specialist for the U. S. Olympic Committee, have teamed up to create a comprehensive program that provides you with the following tools to improve your times: - Exercises and drills for each stroke-Event-based workouts and programs -Dryland training - Tapering for peak performance-Year-round conditioning plans-Nutrition before, during, and after swim meetsIn addition, the 80-minute DVD takes you to the pool and into the gym to demonstrate the drills and exercises used by the sports elite. Complete Conditioning for Swimming is simply the best guide to preparing your body for competitive success. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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