



# Fitness Swimming, Second Edition

*Hines*

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# Fitness Swimming, Second Edition

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## **Fitness Swimming, Second Edition Hines**

Want more from your workout? Whether you seek to improve your technique, trim your times, swim greater distances, or simply improve your fitness level, *Fitness Swimming* will help you achieve your goals, all in full-color.

Expert swim coach Emmett Hines has created 60 new workouts and 16 sample programs, each arranged into suggested training zones to correspond to your fitness level and performance goals. Over a dozen cutting-edge technique drills help you progressively build an effective freestyle stroke. The text covers stretching, warm-up and cool-down methods, heart rate zone targets, expanded instruction for stroke efficacy, progressive drills, conditioning tips, and fitness assessments. *Fitness Swimming* has all the information you need to chart progress and maintain peak performance.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Can be reading a book can be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled Fitness Swimming, Second Edition can be fine book to read. May be it may be best activity to you.

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