



Fitness Swimming, Second Edition

Emmett Hines

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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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