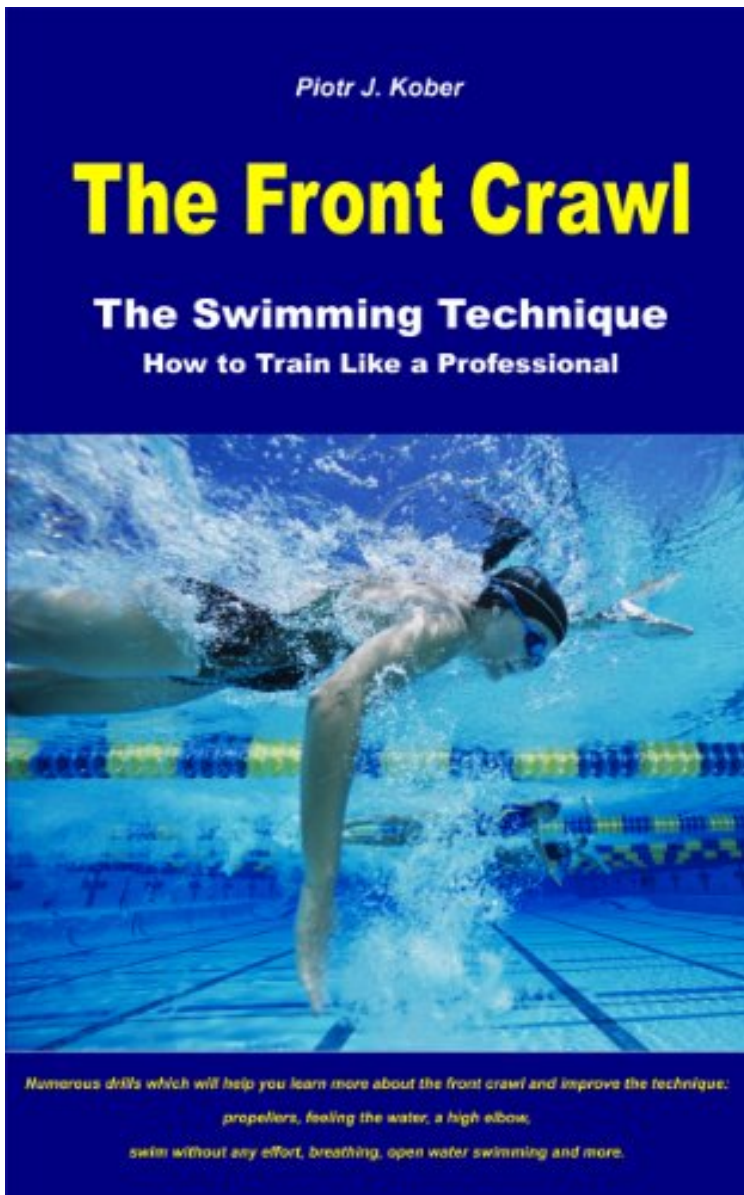


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The Front Crawl - The Swimming Technique - How to Train Like a Professional (English Edition)



Par Piotr J. Kober
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Description :

Prsentation de l'diteurThe drills presented in this book are described in such a way that everybody can understand them, do them on their own and achieve better performance.In order to facilitate learning, drills are divided into chapters in which they are grouped into ones developing similar skills or body parts.

However, this division is not very strict, because numerous drills develop many things simultaneously - in such a case these drills are not repeated in subsequent chapters. That is why I encourage you to familiarize with all drills before you choose those you will find most useful: - Body Position In The Water. - Feeling The Water (Propellers). - Work Of Legs. - Work Of Arms Above The Water. - Work Of Your Arms Under The Water. - Breathing. - Speed - Helpful Turns And Starts - Open Waters (Triathlon, Swimming Marathons) - Endurance

As an interlude between chapters you will find quotations about swimming. In this book you will find numerous drills which will help you learn more about the front crawl and improve the technique: - propellers, - feeling the water, - a high elbow, - swimming without any effort, - breathing, - open water swimming, - controlling your speed, - and more. In the past it was generally believed that one has to be born with a good technique, but, as we know from the experience of many coaches, the technique is being developed during training. Nowadays, it is a good technique that gives advantage to the best contestants during competitions, when leaders have strength and endurance at the very similar level. It often happens that the difference between contestants during competitions amounts to 2 hundredths of a second. In such a case technical nuances are decisive, for instance the fact that during the finish a contestant is pushing his shoulder excessively forward, hits the wall with stretched fingers and gains a few centimeters in this way. Nowadays the experience of the best coaches is available not only to the selected professionals - this knowledge may be also used by you. You can also get familiar with these drills. If you improve your technique, you will swim faster using the same or even less effort. Better performance in swimming can be achieved by adaptation to the water environment. So as to achieve that, we strive to develop our strength, endurance and technique. Water is not a natural environment for a human being, but we are capable of adapting to it. You've got an important decision to make. Do you want to discover how to swim better and faster? Unlock your potential today by thinking about buying this incredible book.

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