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Reviews

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ADVANCED SWIMMING: CONTEST PREPARATION FOR MASTERS, INCLUDING DRY EXERCISE AND NUTRITION (PAPERBACK)

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Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a practical compendium to homegrown athletes, former as well as current competitive swimmers, all those who are on their own, have little opportunity to train under a coach, and do not particularly like sharing lanes and those laborious must-do sets of tens and twenties they may receive from the deck overseer. It consists of several parts, including: the Anatomy of a Workout and How to Plan Your Workout, Perfect Technique (crucial points on every stroke), a chapter on Nutrition and Nutritional Supplements, day-to-day exercise plans with commentary, and diverse sample workouts according to periodization. Dry workouts are included throughout, albeit the Dry Workouts section has a separate place in this book. Dr. Sarah Patricia Condor-Fisher is a former Olympic swimmer, personal trainer, nutritional analyst and competitor in fitness and bodybuilding. She currently competes for the United States in the Masters division. This book contains over 35 years of her experience in swimming, weightlifting, nutrition and bodybuilding.

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