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researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics, training methods, and racing techniques.

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His breakthrough came on 16 September 1888 when, at the age of 31, he swam three-and-a-half miles from Westminster Bridge to Greenwich, with his wrists and feet tied. He went on to perform trick swimming, such as “ smoking, singing, and writing; peeling, sucking, and eating an orange in the water ” , as well as sensational high dives.

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Never before has one book taken such a comprehensive look at the evolution, science, and coaching application of competitive swimming. In *Breakthrough Swimming*, legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics, training methods, and racing techniques. Accompanied by richly detailed illustrations, this engaging text is one of the most insightful written works on the sport. It makes clear sense out of the scientific principles and puts into context the historical changes in the sport. Not only will you gain a greater

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understanding of competitive swimming through its origins and evolution, but you'll also gain these valuable skills: - Improve your stroke technique, starts, and turns. - Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water. - Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke. - Improve your conditioning and develop a better training program by understanding the principles of training. - Learn how to design different types of workouts to produce specific physiological effects. - Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim. The book includes a

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chapter contributed by Dr. David Pyne, sport physiologist to the 2000 Australian Olympic swimming team. Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top-flight international competition. Breakthrough Swimming covers every aspect of competitive swimming from its spawning ground in early 19th-century England to the present day, including the profound changes that occurred in the last decade of the 20th century. The book also explains the societal changes of recent years, such as the advent of professional swimming and the specter of performance-enhancing drugs. Combining history with the latest innovations, Breakthrough Swimming is the definitive work on the past, present, and future of

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Coaching foundation - Stroke technique - Coaching plans - Meets - Evaluation.

Most people who knew Catherine Garceau during the early years of this century were struck by just how much she had going for her. The tall blonde with a body to kill for had won a Bronze medal at the 2000 Olympic Games as part of Canada ' s synchronized swimming team. But no one knew that Catherine, having lost her main outlet for her obsession with perfection, was floundering in her post-Olympic life. Performing in Las Vegas and building a career in business and marketing weren't fulfilling. In fact, part of her felt she was losing it all: her athletic body, her high-achieving mind and most

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humiliating, her image of excellence. Now, in *Swimming Out of Water*, Garceau goes beneath the surface of her life. From the lens of a life-changing experience she had while hiking in the Red Rock National Park outside Las Vegas. Stuck on a cliff, alone, for twenty-four hours, she flashes back to moments of fear, failure, loss, triumph, and breakthrough, which all decorated her journey with valuable lessons. Written in the journal she took with her that day, Garceau realizes and reveals the negative effects of sugar and many chemicals found in our food and environments, including the chlorine she had bathed in for so many years. Alas, with no one coming to her rescue, how did she get herself up from the ledge? How has her dream of a chlorine free swimming

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evolved? And how has she turned the stubborn eating disorders she faced into programs to help free other women from emotional eating? Birthed from the edge of the Red Rocks and brought to completion in her continued years of integration, education and healing, *Swimming Out of Water's* raw nature takes on the transparent quality of water, the very element Garceau is here to both defend and embody. Spend this day on the rocks with her...and discover the grace of swimming out of water.

In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world 's fastest

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swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the world ' s best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world ' s fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. Swim Speed Secrets focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed

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that 's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. Swim Speed Secrets includes: The best drills to cultivate a more sensitive feel for the water Dryland and strength building exercises to develop arm position and upper body musculature Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull Clear descriptions of the key moments of the underwater pull Tips that helped her perform at a world-class level for two decades Sheila Taormina ' s Swim Speed Secrets brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for

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survival and break through to new levels of speed and confidence in the water.

"Hang on and watch your life take flight with FlyGirl!" -Marcia Wieder, CEO and Founder of Dream University

Before she was thirty years old, Vernice "FlyGirl" Armour had become a decorated naval aviator, Camp Pendleton's 2001 Female Athlete of the Year and Strongest Warrior winner, the first female African-American on Nashville's motorcycle police squad, and a member of the San Diego Sunfire professional women's football team. She's a force to be reckoned with, and she believes that women and men from all walks of life have the potential to achieve the highest levels of success with the right flight plan. In Zero to

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Breakthrough, Vernice turns aspiration into action by revealing how to create the path that will get you out of your rut on onto the runway - cleared for take off. Armour firmly believes that there is no such thing as a dream out of reach. Integrating the foundational concepts of a Breakthrough Mentality™ like preparation, strategy, courage, legacy, and the importance of high spirits and enthusiasm, Zero to Breakthrough helps readers build a sustainable inner force and conviction that result in accomplishing significant goals and becoming an extraordinary member of any business or community. Packed with hard-hitting advice and amazing anecdotes from her adventures on the battlefield and in business, you'll learn strategies like

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how to: *Stop procrastinating and prepare to lay the groundwork for success *Execute situations with self-discipline to achieve mastery *Acknowledge and move past obstacles & challenges *Feel fear and use it to keep charging, and much more Whether you want to jump up the corporate ladder, start your own business, or develop a passion into a livelihood, Zero to Breakthrough will get you there. For anyone seeking a more fulfilling life, Armour has the ultimate launch pad.

Drawing on the latest scientific research, this handbook introduces the essentials of sport-specific strength and conditioning programme design for over 30 different sports. Enhanced by extensive illustrations and

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contributions from more than 70 world-leading experts, its chapters present evidence-based best practice for sports including football, rugby, tennis, hockey, basketball, rowing, boxing, golf, swimming, cycling and weightlifting, as well as a variety of wheelchair sports. Every chapter introduces the fundamental requirements of a particular sport – such as the physiological and biomechanical demands on the athlete – and describes a sport-specific fitness testing battery and exercise programme. Additional chapters cover the adaptation of programme design for special populations, including female athletes, young athletes and athletes with a disability. Drawing on the experiences of Olympic and Paralympic coaches and trainers, it

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offers original insights and practical advice from practitioners working at the highest level. Innovative, comprehensive and truly international in scope, the Routledge Handbook of Strength and Conditioning is vital reading for all strength and conditioning students and an invaluable reference for strength and conditioning coaches and trainers.

Provides practical help for the day-to-day concerns that keep managers awake at night. This book aims to fill the gap between the legal and policy issues that are the mainstay of human resources and supervision courses and the real-world needs of managers as they attempt to cope with the human side of their jobs.

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A Time Magazine Must-Read Book of 2020
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“ A fascinating and beautifully written love letter to water. I was enchanted by this book.” —Rebecca Skloot, bestselling author of *The Immortal Life of Henrietta Lacks*
An immersive, unforgettable, and eye-opening perspective on swimming—and on human behavior itself. We swim in freezing Arctic waters and piranha-infested rivers to test our limits. We swim for pleasure, for exercise, for healing. But humans, unlike other animals that are drawn to water, are not natural-born swimmers. We must be taught. Our evolutionary ancestors learned for survival; now, in the

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twenty-first century, swimming is one of the most popular activities in the world. *Why We Swim* is propelled by stories of Olympic champions, a Baghdad swim club that meets in Saddam Hussein ' s palace pool, modern-day Japanese samurai swimmers, and even an Icelandic fisherman who improbably survives a wintry six-hour swim after a shipwreck. New York Times contributor Bonnie Tsui, a swimmer herself, dives into the deep, from the San Francisco Bay to the South China Sea, investigating what it is about water that seduces us, despite its dangers, and why we come back to it again and again.

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