

Long Distance Swimming Training Plan By Kate Vines

Survival Swimming Sam Fury 2014-06-24 These Basic Swimming Skills Will Save Your Life! Whether you want to learn life-saving swimming skills or to dramatically improve your swim speed, technique and stamina, this book will teach you how. Note: Survival Fitness by Sam Fury contains all the information in this book plus a whole lot more Scared of water? Follow the simple, progressive exercises to help you overcome your fear before you learn swimming. Don't know how to swim? Use the swimming drills in this book and you will learn how to swim in the most efficient way with step by step instructions and pictures that anyone can follow. Already know how to swim? Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival

contains clearly detailed and easy to follow swimming drills to achieve the most efficient swimming stroke you can, the same way the professionals do. The swimming exercises in this book have been specifically chosen to be used by ALL AGES. Teach your whole family these life-saving swimming skills Learn how to do each life-saving swimming stroke from the very beginning, as well as how to improve your swimming technique if you already know it, in a way that you get maximum benefit from minimal exertion Learn how to do each these strokes and/or how to improve your current swimming technique to be the best you can Filled with easy to follow swimming drills Simple and clear pictures to make learning how to swim easy Both on land and in water exercises for progressive learning Discover the best swimming strokes to

use depending on the situation Great for general health and weight loss Inside Survival Swimming You Will Learn the Following Life Saving Swimming Strokes: Sculling Water: A basic but very important swimming technique to help keep your head above water Doggy Paddle: A low energy swimming stroke that is great for if you are clothed or when wearing a life jacket, and good for those that don't like putting their head underwater Elementary/Survival Back Stroke: A great energy saver which is also very useful if an underwater explosion is likely Freestyle: A fast and efficient swimming stroke - learn the best way to do it for maximum efficiency and speed Breast Stroke: Great for swimming underwater, in rough seas, through debris and also good for long range swimming Side Stroke: A very useful swimming stroke for rescue ... and much more! (LOOK INSIDE to see the full contents) Swimming is a very important skill when it comes to survival. There are all too many stories of people that have drowned needlessly just

because they didn't take the time to learn how to swim. Even just knowing the very basic of swimming strokes will save your life, and this type of stroke can be learned in a matter of hours. A few more hours and you may know a stroke that you can use to save another person's life. In addition to the lifesaving ability, swimming is also fun and incredibly beneficial to the body. It is a low impact form of exercise with great cardiovascular advantages. Grab your copy of Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival and increase your swimming skills today!

Open Water Swimming Steven Munatones 2011 Open Water Swimming is an essential guide to maneuvering the open-water environment and describes how to prepare logistically, physically, and mentally for open-water swims. The book includes stroke techniques, racing tactics, and training plans for triathlon, middle-distance, and marathon-

distance swims.

Swimming Jabez Wolffe 1950*

Golden Days for Boys and Girls 1883

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Sam Fury 2019-08-18 Now You Can Swim

Faster, Longer, and Safer! Learn all the techniques and drills you need to swim faster and longer with minimal effort. It also includes water-rescue for saving yourself and others. Get your hands on this swim training manual, because it will teach you efficient swimming and water rescue! Get it now.

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