

Fast Swimming With Mind Over Water: The Ultimate Guide to Swimming Faster and More Efficiently

Are you ready to take your swimming to the next level? Fast Swimming With Mind Over Water is the ultimate guide to swimming faster and more efficiently. This comprehensive book covers everything from the basics of swimming to advanced techniques that will help you take your swimming to the next level.



Fast Swimming with Mind Over Water

★★★★★ 5 out of 5

Language	: English
File size	: 835 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 82 pages
Lending	: Enabled



What You'll Learn in Fast Swimming With Mind Over Water

- The basics of swimming, including proper body position, breathing techniques, and stroke mechanics
- Advanced swimming techniques, such as the dolphin kick, the butterfly stroke, and the breaststroke

- How to train for swimming, including setting goals, creating a training plan, and recovering from workouts
- How to race in swimming, including developing a race strategy, tapering for a race, and performing on race day
- How to improve your mental game in swimming, including overcoming fear, building confidence, and staying focused

Who is Fast Swimming With Mind Over Water For?

Fast Swimming With Mind Over Water is for anyone who wants to improve their swimming. Whether you're a beginner or a seasoned swimmer, this book has something to offer you. If you're looking to improve your speed, efficiency, or mental game in swimming, then this book is for you.

About the Author

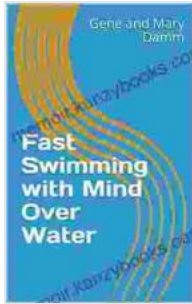
Terry Laughlin is a world-renowned swimming coach and author. He has coached Olympic and World Championship swimmers, and he is the author of several books on swimming. Laughlin is known for his innovative approach to swimming training, and he has helped countless swimmers achieve their goals.

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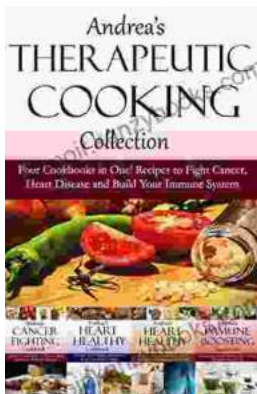
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