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## Competitive Swimming: An Insider's Guide (Paperback)

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By Lunn Lestina

Lunar Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A retired world class swimmer gives you an insider's secrets on competitive swimming. Tips and techniques for better starts and turns Detailed explanations of optimal form for all strokes and how to achieve it Find your hidden strengths based on your body type and features Race day nutrition, warm up, and general preparation How to get goggles that fit perfectly and don't fall off or leak Compensating for different pool sizes, types and temperatures Preventing ailments, from swimmer's ear to tendonitis These tips and many more will help you to swim faster, better, and more effectively. Improve your form, avoid injuries, and shave seconds off your times.



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