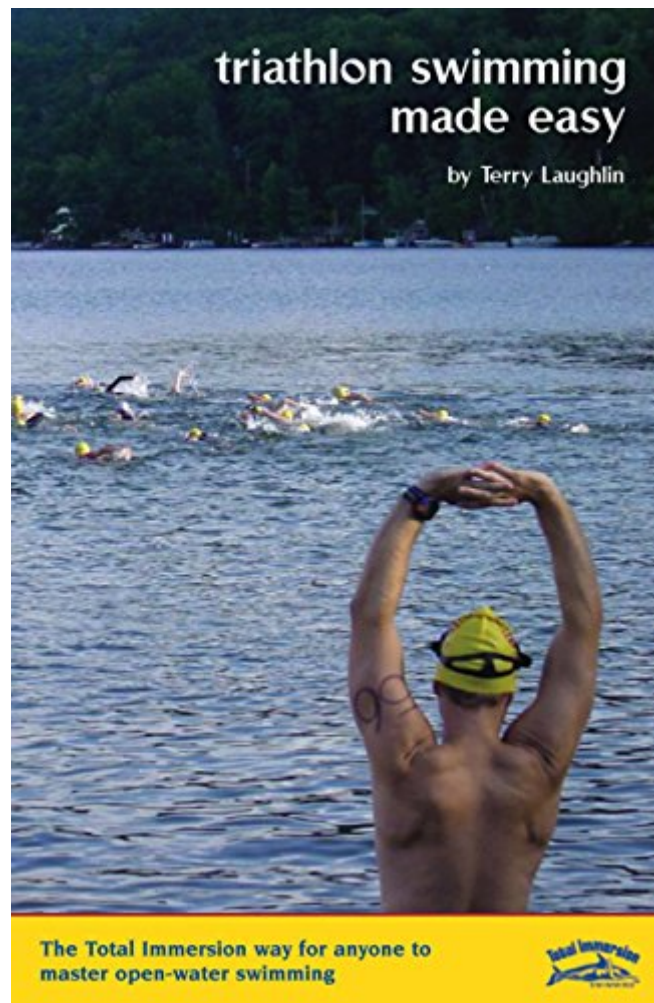




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Triathlon Swimming Made Easy: The Total Immersion Way For Anyone To Master Open-water Swimming



Synopsis

A clear, practical guide to swimming freestyle better than you ever thought possible. Not only to swim well enough to breeze through a triathlon swim leg with ease and confidence; but to reach a Nirvana where the swim is your favorite part. If you're not aiming to do a triathlon, but would simply like to swim with ease, efficiency and confidence, this book will turn you into a beautiful freestyler with the freedom to swim in any body of water.

Book Information

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Customer Reviews

Great book, really enjoying his approach to more efficient swimming. I have been around water all my life but never swam competitively. Started doing triathlons two years ago and have really struggled with every bad habit described in the book. I am still working on the lessons in the book but already feel much more efficient and buoyant in the water.

As a novice triathlete I find this book full of good advices and tips. The best advice for this and any other sport is don't rush it, enjoy it.

Like many people, I was skeptical about this book. How could I truly learn to swim better from reading a book. But after reading this and practising the techniques I am a believer. I am a triathlete, albeit a 50 year old slow triathlete. But I began as a swimmer, so I am very comfortable there. I am not fast, but love the water. But this book has made me a better swimmer. It's in the economy of stroke. This book will teach you a way of swimming that's more like yoga or TM than those swimmers you see flailing their arms and being out of breath. This won't happen overnight, but as the author says, if you practise at this long enough you will get better.

Most of the book is focused on learning to balance and how to be more efficient when swimming. This is not a book full of swim drills (if this is what you are looking for). Requires patience.

This is the best book you can buy on swimming. Period. In fact, most triathlon training books refer the reader to Terry Laughlins Total Immersion (TI) program, which is explained most clearly in this book. (Don't buy the out-dated book entitled "Total Immersion." I've read it; it's good; but it doesn't fully reflect the author's most recent ideas on swimming drills.) When you buy the book, you should also order the video "Fishlike Freestyle," which shows all the drills beautifully executed by top-notch swimmers. (In fact, the "models" in the video make the drills look TOO easy.) If you read the book, follow the program, and execute the drills according to the video, you'll become an excellent swimmer. It might take you several months or even a year or two, but eventually you'll do it. Personally, I'm still working at it--slowly--but a friend of mine went from being a terrible swimmer to being a beautiful, smooth, fast fishlike triathlete in the water by following the Total Immersion program. Several other of my triathlete friends have used the Total Immersion program with excellent success. You can spot these swimmers for the grace and fluidity as they glide effortlessly through the water. If you're serious about swimming or triathlon, this book is a must buy.

Hi there .The book is highly recommended and I am sure once I receive it I will be pleased with it.

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