

[PDF] Swim Workouts For Triathletes: Practical Workouts To Build Speed, Strength, And Endurance (Workouts In A Binder)

Nick Hansen, Gale Bernhardt - pdf download free book



Books Details:

Title: Swim Workouts for Triathletes

Author: Nick Hansen, Gale Bernhardt

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Description:

Review

"There's no need to leave *Swim Workouts for Triathletes* home as the waterproof pages will survive

countless trips to the pool deck.” — **USA Triathlon Life magazine**

“*Swim Workouts for Triathletes* is full of workouts that will make it easy to prepare for any race and improve all-around swimming skills.” — **3/GO magazine**

“This book is made to go to the pool.” — **Competitor magazine**

“*Swim Workouts for Triathletes* has given me workouts that are perfect for triathlon training in a structure that allows me to match them with my race goals... Exceptionally easy to take straight to the pool.” — **TriEssential**

“How many triathletes look at the swim as just a giant obstacle course before the real race begins? Gale Bernhardt and Nick Hansen offer a good solution to that problem through the release of the second edition of *Swim Workouts for Triathletes*. The book links training objectives with workouts in the water that will drive improved performance at your "A" race this season.” — **TriJuice**

From the Back Cover

It's no secret: Most triathletes are weak swimmers. Improving your swim will make you a faster, more confident triathlete.

Swim Workouts for Triathletes features 80 swim workouts with the structure, variety, and drills you need to become a more efficient swimmer. Each workout is designed around a specific goal—endurance, speed, form, muscular endurance, or anaerobic endurance—making it easy to prepare for any race and improve all-around swimming skill.

You can use these workouts in your current training or begin one of the swim training plans inside. The new edition also includes:

- The 10 best drills for improved freestyle performance
- 30-minute sessions to fit a quality workout into a busy day
- Open-water workouts to get you race-ready
- Beginner & advanced workout sets to suit your ability or schedule
- 4 training plans for sprint, Olympic & half-Ironman®, Ironman®, and general fitness

Take *Swim Workouts for Triathletes* to the pool to help strengthen your swim and become a better triathlete.

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