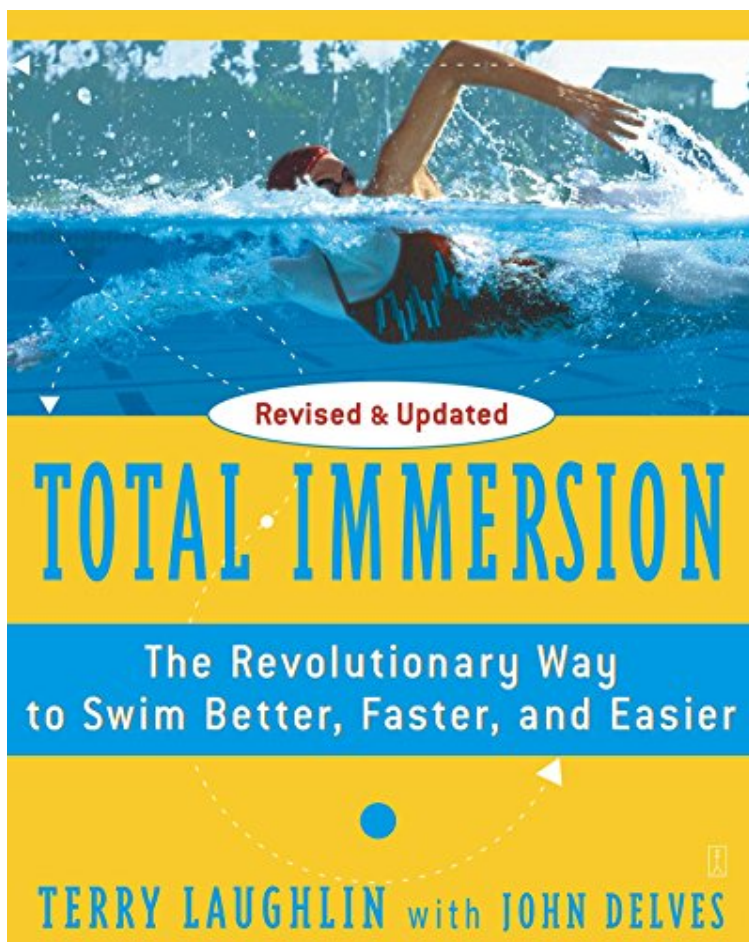


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Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier (English Edition)



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Description : Description du produit Swim Better Than You Ever Thought You Could! If you think fastest way to better swimming is more laps, you're wasting your breath, literally. Now you can swim better -- and enjoy it more -- using simple and original techniques developed by veteran swim coach and top-ranked Masters swimmer Terry Laughlin. Laughlin has helped more adults to swim faster, more smoothly, and with less effort than any other swimming coach in the country. Total Immersion, named for the popular workshops he gives across the country, will change the way you move your body through the water, Laughlin will take the way you swim and turn it inside out as you learn that it's technique -- not athletic ability -- that makes a strong swimmer. And best of all, you'll eliminate the boredom that comes with repetitive lap swimming. Total Immersion features: * Step-by-step skill drills that anyone can master for better swim stokes, improved form, and more enjoyable workouts * Tips on how to eliminate energy-robbing "drag" and swim more powerfully-with less effort * The Total Immersion self- taught stroke

makeover * Dry land exercises to improve what you do in the water * How to swim to burn off the most fat * Easy-to follow illustrations You will also learn which "pool toys" -- like hand paddles and fins -- can help you improve the most; how to swim for general fitness; how to stay injury-free; and much more. Based on more than twenty years of teaching, coaching, and research, Terry Laughlin's Total Immersion is sure to improve the quality of your swimming, whether you're skilled athlete or an average swimmer. And best of all, no more boring laps.

Prsentation de l'diteurSwim betterand enjoy every lapwith Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water.Terry Laughlin, the worlds #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether youre an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that its mindful fluid movementnot athletic abilitythat will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: A thoughtfully choreographed series of skill drillspracticed in the mindful spirit of yogathat can help anyone swim more enjoyably A holistic approach to becoming one with the water and to developing a swimming style thats always comfortable Simple but thorough guidance on how to improve fitness and form A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities..comMasters swimmer and acclaimed coach Terry Laughlin has taught thousands to swim more efficiently in the workshops he has given across the United States. In his book Laughlin details simple, step-by-step drills emphasizing the importance of technique and an innovative workout regimen.Revue de presseEddie Reese 1992, 1996, 2000, and 2004 United States Olympic Coach and Head Coach, University of Texas (six-time NCAA champions) The most valuable service a good coach provides is to sharpen your technique, not make you work harder. Terry Laughlin has done an outstanding job of simplifying that complex job, providing practical tools that will work for any coach or teacher.David Marsh 1996, 2000, and 2004 United States Olympic Coach and Head Coach, Auburn University (2003 NCAA Men's and Women's champions) Total Immersion can help anyone learn to be a better swimmer, regardless of ability. Terry Laughlin makes an improved stroke simple for the novice, yet I've seen his methods work for elite swimmers, too.