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Maglischo's book "Swimming Even Faster" was released in 1993, the comprehensive swimming book got updated in 2003 when "Swimming Fastest" was

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released.

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a great start for maglischo's trilogy for swimming. his works have reflected the change in science supporting the sport and evidence which marks the improvements that have occurred in swimming in recent years. the law of diminishing returns highlights the ever increasing importance that the smaller things can contribute to the pushing the limits of human performance and endeavor. with the collection of this volume to his later works ('swimming even faster' and 'swimming fastest')one sees the ...

~~Swimming Even Faster: Maglischo, Ernest W.: 9781559340366 ...~~

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~~Swimming Fastest: A Comprehensive Guide to the Science of ...~~

Swimming Fastest: A Comprehensive Guide to the Science of Swimming by E.W. Maglischo. Human Kinetics Europe Ltd. Hardcover. Used; Good. \*\*WE SHIP WITHIN 24 HRS FROM LONDON, UK, 98% OF OUR ORDERS ARE RECEIVED WITHIN 7-10 DAYS. We believe you will be completely satisfied with our quick and reliable service.

~~9780736031806—Swimming Fastest by Ernest Maglischo~~

Throughout, Maglischo presents the evidence for swimming various ways, talks about the pros and cons of various techniques, and usually offers an opinion about what he thinks is the best practice. ... 5.0 out of 5 stars Swimming Fastest - good detailed book with illustrations. Reviewed in the United States on May 22, 2011. Verified Purchase.

~~Amazon.com: Customer reviews: Swimming Fastest~~

Bloggat om Swimming Fastest Övrig information Ernest W. Maglischo coached swimming for 38 years, working at four universities and two swim clubs. He has won 13 NCAA national championships at the Division II level and 19 conference championships. In 1996 he was honored as the Pacific 10 Conference Swimming Coach of the Year, and he has been ...

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Swimming Fastest: A Comprehensive Guide to the Science of Swimming by E.W. Maglischo This work is a reference on competitive swimming, including information on stroke technique and training methods for swimming.

An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes In "Swimming Fastest"--a revised and updated version of one of the best books ever written on competitive swimming--author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the training process so that you can swim stronger and faster. "Swimming Fastest" addresses not only

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the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics. "Swimming Fastest" covers every aspect of competitive swimming. The book is heavily illustrated, with more than 500 illustrations and photos featuring world-class swimmers. Sequences of photos taken from the front, side, and underneath views show you exactly how to perform competitive strokes, starts, and turns. This book is a source that coaches and athletes will pull down from their shelves again and again for reference. In part I Maglischo masterfully explains the mechanics of competitive swimming. He presents detailed technique analysis of the four primary strokes: freestyle, backstroke, breaststroke, and butterfly. He also explores the roles of stroke rate, stroke length, and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion. He explains the complex relationship between stroke length and stroke rate and swimming speed, and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force. Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event. Maglischo provides critical information to help you train more accurately and monitor your training more effectively. He evaluates current training theory, explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are important to swim training. Maglischo also



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presents important new studies that define the relationship between endurance and sprint training, and he suggests their implications for training. Part III addresses topics that pertain specifically to competition and racing. Maglischo shares his insights and recommendations for pre-race tapering, establishing race pace, racing strategies, and post-race routine. Every swimming coach and serious swimmer will benefit from this book. "Swimming Fastest" will be the first resource you turn to when you want to trim precious seconds off your best times.

Included are the latest techniques used by some of the world's fastest swimmers and new methods of stroke measurement. The extensive coverage of training in Part I begins with a discussion of basic physiology and energy metabolism, equipping you with background information necessary to fine-tune your individual training techniques. You'll find information on special topics, including female swimmers, masters swimmers, and training in various age groups, plus coverage of the anaerobic threshold theory of endurance training, systematic approaches to using energy systems in training, and seasonal planning.

It's very rare that a book can mean so much for professional sporting; Prof. Dr. Jan Olbrecht's book does! - He has a Ph. D. in physiology and biomechanics and is training adviser to numerous world class athletes - His method is based upon careful planning and a unique method of lactate testing to assess and optimize the athlete's conditioning and potential - His book should be considered as a manual

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for the modern coach who wants to know before planning and periodizing what kind of conditioning adaptations he may expect - It provides knowledge and shares experience in a very understandable and applicable to every training situation - It advances some new important concepts, most notably that training at anaerobic threshold speeds is not the most effective way to improve aerobic endurance and that aerobic and anaerobic metabolism must be developed to optimum, not maximum, levels in order to perform well in competition. (Based on refined outcomes following a re-analysis of the characteristics of anaerobic capacity exercises, some changes have been made regarding their description for long distance swimmers in comparison with previous publications (see Classification of Training Exercises).

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power

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and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

Technique is critical in swimming performance. In the pool or open water, coaches and athletes alike know that efficiency in entering the water and in moving through it equates to milliseconds of improvement—milliseconds that make all the difference in a competition. That's where *The Swimming Drill Book* continues to deliver. The first edition quickly became the best-selling drill book in the sport. Now, this second edition ups the ante with more drills, new variations, and expanded coverage to help every swimmer. Inside, you'll find more than 175 drills for refining strokes, correcting faults, and improving your feel for the water. In addition to mastering all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—you'll learn the essentials of body position, sculling, starts, turns, and finishes. You'll even find all-new coverage of open-water drills and strength band workouts to be performed poolside. See for yourself why *The Swimming Drill Book* is on the shelf of every serious swimmer and coach. It delivers every stroke, every skill, and everything you need for swimming success.

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Never before has one book taken such a comprehensive look at the evolution, science, and coaching application of competitive swimming. In *Breakthrough Swimming*, legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics, training methods, and racing techniques. Accompanied by richly detailed illustrations, this engaging text is one of the most insightful written works on the sport. It makes clear sense out of the scientific principles and puts into context the historical changes in the sport. Not only will you gain a greater understanding of competitive swimming through its origins and evolution, but you'll also gain these valuable skills:

- Improve your stroke technique, starts, and turns.
- Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water.
- Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke.
- Improve your conditioning and develop a better training program by understanding the principles of training.
- Learn how to design different types of workouts to produce specific physiological effects.
- Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim.

The book includes a chapter contributed by Dr. David Pyne, sport physiologist to the 2000 Australian Olympic swimming team. Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top-flight international competition. *Breakthrough Swimming* covers every aspect of

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competitive swimming from its spawning ground in early 19th-century England to the present day, including the profound changes that occurred in the last decade of the 20th century. The book also explains the societal changes of recent years, such as the advent of professional swimming and the specter of performance-enhancing drugs. Combining history with the latest innovations, Breakthrough Swimming is the definitive work on the past, present, and future of competitive swimming.

The author's reasons for writing this book were, first, to provide readers with some basic hydrodynamic tenants that will help them understand the reasons for the complex nature of the stroke mechanics employed by elite, competitive swimmers. The first three chapters on resistance and propulsion were included for this purpose. The second purpose was to describe, what the author believes, is the major propulsive mechanism swimmers use: shoulder adduction. A third purpose was to comment on some of, the many "fads" and misconceptions about stroke mechanics that abound in our sport. His final reasoning behind writing this book was to speculate on some theories about stroke mechanics he developed over the years. The efficacy of these theories have yet to be validated by research, but are worth considering nonetheless. These purposes were met by the individual chapters on each competitive stroke, plus a chapter on stroke rates and stroke lengths. This book is not a continuation of the Swimming Faster series, although it contains some of the same information. Therefore, the author purposely changed the title to reflect his purpose in writing it. It contains descriptions and summaries

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of the most important research on swimming hydrodynamics over the last several decades, in his opinion. The descriptions of stroke mechanics are supported by photographs of some of the greatest swimmers in the world, both past and present. They were made from in-competition videos where one can see how they really swim, as opposed to what they think they should be doing, which is what one often sees in pool demonstrations and out-of-competition instructional videos.

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters. *Swim Speed Strokes* goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and

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freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will show you how to become the strongest swimmer you can be.

For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport's legendary instructors, *The Swim Coaching Bible* immediately established its place in the libraries of swim coaches around the globe. Coaches, it's time to make room alongside that classic for a new resource! *The Swim Coaching Bible, Volume II*, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you'll learn the secrets, strategies, and philosophies of 27 of today's most successful coaches, including these legendary leaders: □ Jack Bauerle □ George Block □ Mike Bottom □ Bob Bowman □ Sid Cassidy □ John Urbanchek □ Bill Rose □ Vern Gambetta □ David Durden □ Brett Hawke □ Gregg Troy □ John Leonard □ Dick Shoulberg □ David Marsh □ Teri McKeever □ Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the

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latest research to training and conditioning programs, it's all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, The Swim Coaching Bible, Volume II, is a must-own.

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