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Complete Conditioning For Swimming (Complete Conditioning For Sports Series)



Synopsis

From more powerful strokes to quicker turns, propel yourself to improved times with Complete Conditioning for Swimming. This multidimensional training program uses fitness assessments to tailor strength, endurance, and flexibility exercises to each swimmer's individual needs. Dave Salo, coach of Olympic medalists Rebecca Soni, Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak, and Scott A. Riewald, performance specialist for the U.S. Olympic Committee, have teamed up to create a comprehensive program that provides you with the following tools to improve your times:

- Exercises and drills for each stroke
- Event-based workouts and programs
- Dryland training
- Tapering for peak performance
- Year-round conditioning plans
- Nutrition before, during, and after swim meets

In addition, the 80-minute DVD takes you to the pool and into the gym to demonstrate the drills and exercises used by the sport's elite. Complete Conditioning for Swimming is simply the best guide to preparing your body for competitive success.

Book Information

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Customer Reviews

"Salo is an amazing teacher and coach who understands the importance of peak conditioning to a swimmer's success. Combining book and DVD, Complete Conditioning for Swimming captures his unique approach, making it the most comprehensive training resource in the sport today." Aaron Peirsol 4 time Olympic medalist "With exercises and programs tailored to address the physical

demands of every stroke and event, Complete Conditioning for Swimming is a competitive swimmer's dream." Amanda Beard 7 time Olympic medalist

Dave Salo has been one of the nation's top swimming coaches for more than 20 years and currently is the head coach of the USC men's and women's swimming teams. Before joining the Trojan swim program, Salo served as head coach of Irvine Novaquatics, where he trained Olympic medalists Lenny Krayzelburg, Aaron Peirsol, Amanda Beard, and Jason Lezak. Salo has coached Olympic medalists such as Rebecca Soni, Jessica Hardy, Ous Mellouli, Vladimir Morozov, Larsen Jensen, Gabe Woodward, Staciana Stitts, Colleen Lanne, Ricky Berens, Eric Shanteau, Haley Anderson, Krayzelburg, Peirsol, Beard, and Lezak. Over his career, he has continued to serve at the national level, accepting coaching assignments for the United States at the 2005 World Championships and the 2001 Goodwill Games. In 2010, he was inducted into the American Swimming Coaches Association Hall of Fame. SwimNews.com named Salo 2010 international Women's Coach of the Year. In 2012 he completed his third U.S. Olympic staff coaching assignment, serving as a U.S. Olympic women's swim team assistant coach. Thirteen of Salo's swimmers from USC competed for a combined 10 countries at the 2012 Olympics. Salo earned his MS and PhD in exercise physiology from USC and currently resides in Los Angeles. Scott A. Riewald is a performance technologist for the U.S. Olympic Committee, where he focuses on biomechanics and technology for endurance sports. Previously, he was USA Swimming's biomechanics director at the U.S. Olympic Training Center in Colorado Springs, where he worked with many of the nation's top swimmers. During his tenure, he lectured throughout the United States on the use of science to improve performance of individual swimmers and entire teams. He also worked as the biomechanics director for the United States Tennis Association in Key Biscayne, Florida. Riewald is a certified strength and conditioning specialist (CSCS) and a certified personal trainer, and he earned his MS and PhD in biomedical engineering at Northwestern University. As an undergraduate, he was a competitive swimmer at Boston University, where he still holds several school and conference records. In his spare time, he enjoys mountain biking, photography, and spending time with his family.

The content deserves A+ even though it is not laid out in a perfect sequence. However, this is a subject of composition writing and has little to do with swimming...Among age group coaches, you'll rarely see anyone speaking on injury prevention or core strength and body balance. However, these are probably the most important subjects for age group swimmers that pave the way for a future

success. Also, those swimming unattached (and majority of those swimming with a coach) will find chapters on how to plan a season from active recovery to a competition to be of great help. Core stability and injury prevention drills are a gem of this book.

Competitive swimmer on 15 years, swam high school and 1 college. The book was the best breakdown on incorporating dry land into workouts. Even experienced it had old and new insights and more or less tied stretches/stability exercises to their respective strokes. A MUST buy for coaches, anyone doing strength training on an injury, or serious swimmers

Lots of helpful information, but the video clips don't work on my Kindle for PC. Probably my own fault, but disappointing even so.

A bit too brief but that is Salo. He is in my mind a genius at simplifying and sticking to it! He reaffirmed my own thoughts on season planning! I like what he has to say about nutrition and I will work on his idea to tapering. I am traditional when it comes to this stuff he doesn't do the yardage I do but you probably don't need to with the amount of quality he does. This book gives you a good baseline for competitive swimming

I need all the help I can get.

After a break of too many years, I've started lap swimming again for fitness. This book has been great for building a repertoire of dryland exercises to help me improve my stroke, my endurance, my overall fitness level. I shared with my trainer who has started using it for all our sessions together. As a result, I've made huge improvements in my swimming workouts. In a relatively short time, I've improved my swimming times, decreased my stroke count per length, and seen my daily distance increase from a mile to 3000 yards per work out. The DVD that's included demonstrates how to do the exercises and is a great companion to the book.

I am really enjoying this book. Very clear explanations and the included DVD shows many exercises performed so nothing is ambiguous. I like that they included exercises in different categories including warm ups, core strengthening, stroke specific and stretches. He explains about the different energy systems and amazingly I can understand it!! It is a pleasure to read and I know that I will be referring to it for many years to come. Some of the exercises I knew of and have been doing

for a few months but another thing that I like about this book is that it shows intermediate and advanced forms of many of the exercises which I never knew about.

Just be careful in ordering. The enhanced version is not all that advanced the embedded videos which I need to understand how to perform the exercises did not run on my Nvidia tablet nor were they compatible with windows 10 on my Dell laptop.

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