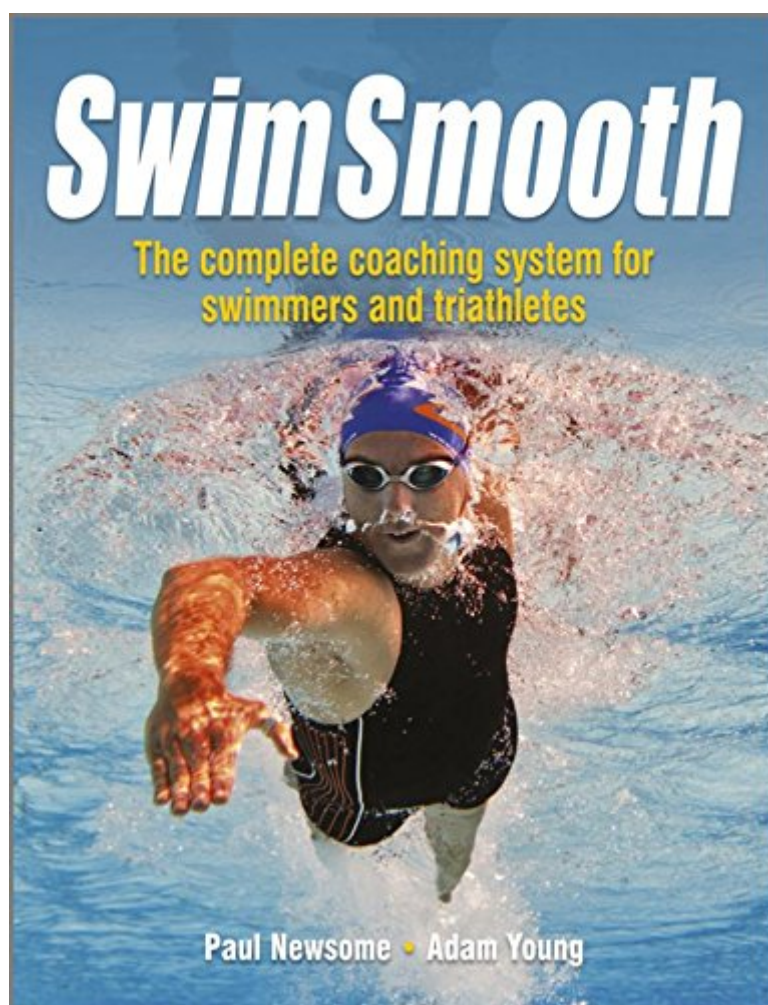


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# Swim Smooth: The Complete Coaching System For Swimmers And Triathletes



## Synopsis

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style. The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. Swim efficiently. Swim fast. Swim Smooth.

## Book Information

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## Customer Reviews

This book is very easy to understand, well written and on the cutting edge of swimming. I have read many books on the subject of swimming and most try to get you to swim in one particular way. This is the first book that I have seen that encourages you to swim in the fashion that works best for you depending on a few factors such as body type, the particular distance that you are doing, and

whether you are swimming in a pool or open water. I could not put it down and I think that it will be a best seller among swimmers, triathletes and their coaches. It is a must read! But the best part was that I was able to get it instantly for \$9.99 on my kindle instead of pre-ordering for \$19.37. One thing that should be edited is that on the kindle edition it is hard to read some of the captions on one or two pages.

Amazing book. It clearly identified so many issues I have with swimming after getting back in the water after 20 years. I'm training for a triathlon and swimming is my weak area so I need to work on it. I'll come back and update the review as I go further through it but I've already determined what type I am and all of it was dead bang on. I've used several of the exercises and it is definitely helping to increase confidence. They explain things so anyone can understand. The drills make sense and move you along well enough you don't feel like you are taking everything soooooo sllllloooowwwwwllllyyy you are bored. The most frequently recommended book to me from other triathletes is the "Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier" but that seemed to want me to lengthen my stroke and I could not get the rhythm of breathing to work with such a longer stroke. I'm very short and petite and it just wasn't working. Also I read so many blogs and info that it took people YEARS to get comfortable and be a better swimmer with TI so the advice was don't give up. That's great but I'm just not that patient. I want to be able to build, see progress, and I want my swimming to be based on me and how it works best for me. I bought the "Easy Freestyle Swimming by Terry Laughlin" but really struggled to get through it. It was so very very boring and I didn't feel like I was making any progress other than comfort in the water. I actually fell asleep watching it three times. I really wanted to love it because it comes so highly recommended...and I did take some advice away but I did not feel it was going (on my own) to really help me. I think with TI I need to find a clinic and a coach so I can do it in person. Perhaps it is much better that way. I then bought the SwimSmooth DVD Boxset, Learn to Swim DVD, and Catch Masterclass - and the lights clicked on. I had already read the book and was doing many of the drills. Their verbal cue system just works for me. They show the wrong way to do the technique and give many pointers. I also liked, and this worked for me, that sometimes you do something as a reaction to something else. I was scissor kicking because my hands were going across my body on entry and below the water and it was the way I was trying to balance. Once I read/watched that I immediately was able to work on fixing it. Not the kick - the stroke and follow through - which fixed the kick no problem. Of the two programs (TI or this one) I strongly prefer this one because the idea we are all unique and not one stroke or way to swim will fit everyone just "fits"

me. 5 very strong stars. If you have to buy one book on swimming and you are working towards any sort of competition or you want to learn strongly (vs. just getting a workout - I was doing that but still gasping after 50 meters!) I recommend Swim Smooth. They have a great website and when I had a question about something I wanted to order they emailed right back and were very encouraging. It felt personal. I feel like I can do it. In SS terms I'm a bambino and I'm following many drills and my swimming has improved by leaps and bounds and I'm looking to continue that pathway.

This is an excellent book! I have this book on Kindle and find it to be invaluable. It's very well written, very insightful, and the authors do an excellent job of getting the point across regardless of your experience level swimming. Even though the title mentions coaching system, this book is a really good reference/instruction guide for swimmers of any level and anybody that's looking to improve for swim skills for pool or open water. Lots of well done illustrations and clearly written. I have been a big fan of the swim smooth approach to swimming. I think this is one of their best efforts yet. Highly recommend this book to swimmers and/or triathletes.

I started swimming about three years ago. So as someone without the best form, this book has made a huge difference in my efficiency. This book is very useful for all levels, especially people looking to improve their form. I think the presentation of the materials is excellent. It is one thing to hear and read about good technic, but this book makes a difference with the great illustrations. I have changed my form and have a better 'feel' for the water now. One of the local Masters clubs runs a video clinic every quarter. I plan on participating in the next one and comparing my video footage to the details in the book. Highly recommend this book to swimmers and triathletes. This definitely gave me my 'ah-ha' moment where swim technic all kind of makes sense now.

If there is only ONE swim book you ever buy, this should be it. I've made more improvements in the last month than in the past three years. This book is tailored to every swimmer and points out the weaknesses in your stroke. More importantly, it give concrete drills that help correct those stroke flaws. AND.. the drills work. The purpose for each drill is also pointed out. I can't recommend this enough. Better than any other swim instruction I've ever had. I swam a 7.5 mile swim last year...wish I had read this book prior to that!!!

The book is a very worthwhile supplement to the swimsmooth.com web site. This relatively new swim instruction system is the best of them all so far, and I have been studying them all for 40+

years. Their greatest innovation is rejection of a "one size fits all" stroke model. They very accurately pinpoint and illustrate stroke problems (freestyle only), including a whole chapter on shoulder problems. Excellent photo illustrations. Be sure to download the Mr. Smooth free app from the website, look at their illustrative videos, and use their Swim Types quiz to find out what type of swimmer you are and get suggestions for your type. (They also offer DVDs and live courses in Australia and UK - I can't comment.) Combining the book and website with an Intova Sports Utility video camera (\$35-40 on ; memory card as cheap as \$5) you can very effectively self-coach. Unbeatable investments for any masters club.

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