



Complete Conditioning for Swimming (Complete Conditioning for Sports Series)

David Salo, Scott Riewald

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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.

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