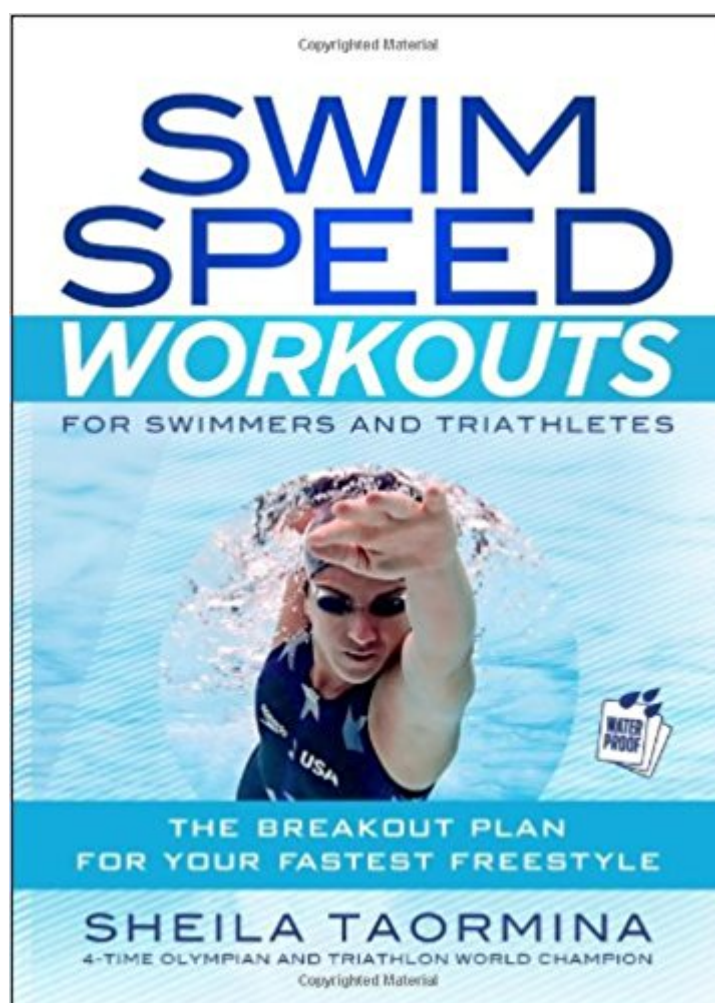


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# Swim Speed Workouts For Swimmers And Triathletes: The Breakout Plan For Your Fastest Freestyle (Swim Speed Series)



## Synopsis

In *Swim Speed Workouts*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina provides the essential swimming instruction, workouts, drills, and training plan to build all-new levels of freestyle swimming speed. *Swim Speed Workouts* applies the principles of Taormina's influential swim technique book *Swim Speed Secrets* so swimmers and triathletes can get in the pool and get fast. Drawing from her 30-year racing and coaching career, Taormina's *Swim Speed* program is carefully designed to build freestyle swim speed one crucial step at a time. Over 16 weeks, swimmers and triathletes will swim high-impact workouts to build whole-body swimming fitness. Each waterproof swim workout card incorporates the Olympic swimming drills, kick sets, and drylands that develop speed in the world's fastest swimmers. Swimmers will refine their freestyle with the most effective hand entry, high-elbow catch, underwater pull, core drive, and propulsive kick. *Swim Speed Secrets* revealed the freestyle technique used by the world's fastest swimmers. Now *Swim Speed Workouts* unlocks those secrets to swimming performance, building up swimmers and triathletes to breakthrough swim speed.

## Book Information

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## Customer Reviews

"Swim Speed Workouts is the pool version of in-home workout videos. The cards can be used by beginning to experienced swimmers or triathletes training independently of a coach, or provide easy illustrations of drills and tubing exercises for coaches to share with their swimmers." -- USA Swimming's SPLASH magazine "Freestyle gone funky on you? Stuck in a rut where you can't seem

to get faster? Swim Speed Secrets could be the cure for the freestyle blues. Master swimmers and coaches at every level can learn something from this book" Â|Both the book and [the Swim Speed Workouts] training program are outstanding." &#x9D; -- USMS Swimmer magazine"Four-time Olympian Sheila Taormina took the lessons she taught in her recent book Swim Speed Secrets and developed a 16-week workout plan in the new Swim Speed Workouts." -- Triathlete magazine"Our testers, ranging from beginner to advanced swimmers, enthusiastically agreed that Swim Speed Workouts is a great pool-side companion. The water proof, step-by-step workouts come in a collection of individual cards and fit seamlessly into any training program." &#x9D; -- TriEdge.net"Sheila T. is just 5' 2" but she swims like she is 6' 2". We still use her as a model for our swimmers today on how to swim the strokes." &#x9D; -- Jack Bauerle, Team USA Olympic Swim Coach and Head Coach of the University of Georgia swim team"With Sheila's help, you can stop swimming for survival and start swimming like a pro." &#x9D; -- Laura Bennett, 2010 ITU #1-ranked swimmer, four-time ITU World Triathlon Championship medalist, Olympian, and two-time U.S. triathlon champion"Sheila Taormina's ideas on swimming have influenced me and my swim coaching more than anyone else. Her knowledge, experience, and enthusiasm are unmatched." &#x9D; -- Siri Lindley, ITU Triathlon World Champion and coach to triathlon world champions and Olympic medalists"Sheila possesses a great depth of knowledge and passion about swimming that she has often shared with me and many other athletes." &#x9D; -- Leanda Cave, ITU Triathlon World Champion and ITU Long-Distance Triathlon World Champion"As a lifelong coach, the four-time Olympian shares what she's learned with clarity and authority, explaining all of the small details that go into mastering freestyle." &#x9D; -- LAVA magazine"There is no one in our sport more accomplished in swimming than Sheila Taormina. She needs no introduction, and she now shares her breakout plan for the fastest freestyle with swimmers and triathletes who need help in that arena." &#x9D; -- Slowtwitch"Sheila Taormina may be the greatest athlete in the modern Olympic era. She's the only person I know who has made four Olympic teams in three different sports." &#x9D; -- Jim Richardson, Head Coach of the University of Michigan women's swim team

**MASTER YOUR FASTEST FREESTYLE** "Swim Speed Workouts" will build your fastest freestyle ever. Drawing from her unrivaled career as a 4-time Olympian, gold medalist, and triathlon world champion, Sheila Taormina's 16-week swim training plan offers 50 waterproof workouts that develop the critical elements of the world's fastest freestyle swimming technique: - a high-elbow catch, - feel for the water, - a powerful core drive, - superior swimming fitness. Swim Sheila's essential workouts--and break out to your fastest freestyle. Sheila Taormina is an internationally

recognized swimming coach. At just 5' 2," Taormina spent her racing career refining an exceptional freestyle swimming technique that she teaches in dozens of swimming camps around the world each year. Learn more about swim speed in Sheila's book "Swim Speed Secrets."

Love this set of waterproof card workouts! We started using these this year (after 6 years of tri training) and found the workouts are well thought out and progress in a logical fashion. The distance of the workouts in about 2100 yds to somewhere around 2700 yds (plus a handful of longer ones.) It's easy to scale the distance up or down as needed. Her drill workouts are really good and helped me improve my form & speed. I plan to work through these again and again. I've stopped using my "Workouts in a Binder for Swimmers, Triathletes, and Coaches" because these workouts seem to do a lot more for me and the distance for the workout is more reasonable.

You should be swimming at least a mile a workout already to be able to use these workouts effectively, and even then, you'll probably have to scale down the longer workouts. Still, I highly recommend these workouts because I think they're a lot of fun to use. Doing different drills breaks up the monotony much better than just swimming continuous laps until I was too bored to continue. I've also gotten a bit faster since I started doing these workouts. My only complaint is that I wish there was more of a progression. As it is, there are three workouts a week, two around 2000 meters and one about 4000 meters. Ms. Taormina considers the 4000 meters a "slightly longer" workout, which is an absolutely ridiculous concept to this beginner swimmer. We're not all Olympic athletes, after all. I wish the program was such that you built up distance over time, adding meters every week, until you were able to do the 4000 meter workouts.

Shelia Taormina's insight into the swim stroke brings to the common swimmer what has always been reserved for the talented athletes that started swimming in elementary school. But now she has made it so people like me who didn't begin swimming until age 50 can understand, in real terms, what is happening during the swim stroke. She discovered what almost no one knows, including the very good swimmers, and that is how to develop shoulder rotation. Every lesson or swim coach I have ever had has told me to reach reach reach, but that is not what the good swimmer do, it's rotate rotate rotate! The Drills, tubing instructions and workout and of course the swim workouts are fabulous. They are on small easy to read waterproof sheets that you can take to the pool with you. If you want to improve your swimming, you must get this package now! I met Sheila at the expo before Tri Rock Austin two years ago and can tell you she is as down to earth

and talented in person as this book shows she is. If you don't purchase the Swim Speed Workouts, you will be left on the shore.

Great workouts! They take a long time to complete but if you stick with the program, you will see big improvements! I'm a novice swimmer and the drills are explained very clearly. There are also videos online that demo the drills. I love how I can remove the waterproof workout cards from the box and just take that with me to the pool.

I find this a really good guide for managing my swim workouts. It's an accompaniment to Sheila Taormina's book Swim Speed Secrets for Swimmers and Triathletes. I do recommend reading the book first. The book goes into more detail about the Why of the drills. The packet of workout cards fits easily into the side pocket of my swim bag and the cards are plastic coated and water resistant. After following the workouts through the summer, I found the swim of my first fall triathlon to be much easier and faster than the spring events! The book focuses on the high elbow catch but the workouts and drills in this packet work on all aspects of the swim portion.

My master's swim program just ended for the summer and I was looking for ways to keep going without paying to continue at other pools. This is a great alternative! I think I'm at the point where I want to swim alone and on my own for awhile working on technique, and this program offers that. I agree with other reviewers that it's not the best "beginner" program. When I was a true beginner, which was only a year and half ago, I could figure out how to read a workout sheet 10 x 25 pull with buoy, catchup, kick, whhhhhaaaatttt????!! A beginner may feel intimidated with this book. If you sit through it, I'm sure there are ways a beginner could figure it all out because the drills are well detailed, PLUS there are videos you can watch! So don't be discouraged from buying this set if you are a true beginner, just know it's okay to be confused, we've all been there. I like the program layout and will be working through this full set doing the two times a week workout (maybe three). What I didn't like are the cards. When my four year old pulled them out of the box and ALMOST got them all mixed up, I realized I have a potential problem. You could put them back in order, but it would take time. SO, I bound mine! One thing is that each workout includes time to tube. I recommend this set: A Basics Resistance Band Set with 5 Bands, Foam Handles, Door Anchor, Ankle Straps, and Carrying Case. I like using the resistance bands, but I'll be the first to admit, I'm not going to do this at the pool, for so many reasons I won't mention, all related to my own insecurities, but I will gladly do them at home :) Plus, I need time to work that part of my workout out since I've never done it for

swimming before. Overall this is a GREAT set, and I can see now why it has so many five star reviews.

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