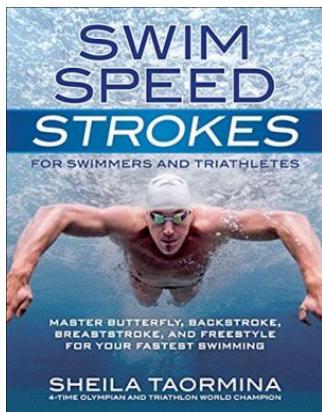


[Get PDF](#)

# **SWIM SPEED STROKES FOR SWIMMERS AND TRIATHLETES: MASTER BUTTERFLY, BACKSTROKE, BREASTSTROKE, AND FREESTYLE FOR YOUR FASTEST SWIMMING**



VeloPress. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.2in. x 7.2in. x 0.5in. 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...

**[Read PDF \*Swim Speed Strokes for Swimmers and Triathletes: Master Butterfly, Backstroke, Breaststroke, and Freestyle for Your Fastest Swimming\*](#)**

- Authored by Sheila Taormina
- Released at -

[DOWNLOAD](#)



Filesize: 3.47 MB

## **Reviews**

---

*This pdf will not be straightforward to get started on studying but really exciting to read. It absolutely was written really perfectly and useful. I am just very happy to tell you that this is basically the finest publication I actually have studied during my personal daily life and may be the finest ebook for ever.*

-- **Miss Lavonne Grady II**

*The book is great and fantastic. It is probably the most remarkable pdf I have read through. You can expect to like the way the article writer composed this ebook.*

-- **Mr. Ethel Schmeler**

*It is one of my personal favorite publications. Indeed, it is actually performed, still an amazing and interesting literature. It's been printed in an exceptionally easy way which is merely soon after I finished reading this book where really altered me, change the way I believe.*

-- **Neal Homenick IV**

---