

SWIMMING FASTEST

**The essential reference on technique,
training, and program design**



Ernest W. Maglisco

Swimming Faster A Comprehensive Guide To The Science Of Swimming

Kim Gomez



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Swimming Faster Ernest W. Maglischo, 1982 Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes In *Swimming Fastest* a revised and updated version of one of the best books ever written on competitive swimming author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships This book is the definitive reference on stroke technique and training methods for swimming It shows you how to apply scientific information to the training process so that you can swim stronger and faster *Swimming Fastest* addresses not only the how but also the why of training It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology giving you all the information you need to evaluate present and future concepts of training and stroke mechanics *Swimming Fastest* covers every aspect of competitive swimming The book is heavily illustrated with more than 500 illustrations and photos featuring world class swimmers Sequences of photos taken from the front side and underneath views show you exactly how to perform competitive strokes starts and turns This book is a source that coaches and athletes will pull down from their shelves again and again for reference In part I Maglischo masterfully explains the mechanics of competitive swimming He presents detailed technique analysis of the four primary strokes freestyle backstroke breaststroke and butterfly He also explores the roles of stroke rate stroke length and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion He explains the complex relationship between stroke length and stroke rate and swimming speed and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event Maglischo provides critical information to help you train more accurately and monitor your training more effectively He evaluates current training theory explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are important to swim training Maglischo also presents important new studies that define the relationship between endurance and sprint training and he suggests their implications for training Part III addresses topics that pertain specifically to competition and racing Maglischo shares his insights and recommendations for pre race tapering establishing race pace racing strategies and post race routine Every swimming coach and serious swimmer will benefit from this book *Swimming Fastest* will be the first resource you turn to when you want to trim precious seconds off your best times

Swimming Fastest Ernest W. Maglischo, 2003 An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes racing strategies and the most effective training methods and the science behind why they work

The Ultimate Guide to Swimming Faster David Hill, 2024-12-17 Welcome to the Ultimate Guide to Swimming Faster This comprehensive guide was created to help swimmers of all levels whether you're a beginner age group competitor or aspiring elite athlete unlock your potential in the

pool Swimming is a sport of precision strength and strategy and this guide is designed to break down the essential elements needed to improve your technique build swim specific strength and prepare mentally for peak performance *Historical Dictionary of Competitive Swimming* John Lohn,2010-08-30 Swimming has been an Olympic sport since the inception of the Games with the 100 400 and 1500 freestyles being the original events along with the 100 freestyle for sailors While the spirit of the sport remains the same the technology and the competitive formats have advanced tremendously through the years The number of events contested in competition has increased to the point where the program for a typical international meet such as the World Championships or Olympics produces a true reflection of the best swimmers over various distances and in different strokes The *Historical Dictionary of Competitive Swimming* examines the sport of swimming since its inception as a competitive athletic event This is done through a chronology an introductory essay a bibliography and appendixes that detail Olympic and World Championships medal winners The dictionary section has over 500 cross referenced dictionary entries on individuals major competitions and there are also entries for each of the competitive strokes and countries that have enjoyed significant success in the sport *Science of Swimming Faster* Riewald, Scott,Rodeo, Scott,2015-06-01 Editors Riewald and Rodeo assemble many of the world s leading swimming experts to reveal the latest in research technology training and performance across the sport Authoritative and applicable *Science of Swimming Faster* dives into the physiology biomechanics medicine psychology and training for swim performance while providing prescriptive advice along the way

Dive In - The Ultimate Guide to Swimming Mastery Kim Gomez,2024-04-23 Are you ready to take your swimming to the next level and unlock your full potential in the water Look no further than *Dive In The Ultimate Guide to Swimming Mastery* This comprehensive guide is the first of its kind offering a wealth of expert techniques training methods and life lessons that will transform the way you approach swimming no matter your age or skill level Inside you ll discover Proven techniques for mastering all four competitive strokes from freestyle to butterfly Cutting edge training programs designed to maximize your speed endurance and efficiency in the water In depth analysis of the physics and biomechanics of swimming giving you a deeper understanding of how your body moves through the water Mental training strategies to help you overcome fear build confidence and develop a champion s mindset Nutritional guidance and recovery techniques to fuel your body and optimize your performance both in and out of the pool Whether you re a competitive swimmer looking to shave seconds off your best times a triathlete seeking to improve your swim split a masters swimmer pursuing lifelong health and fitness or a beginner learning to conquer the water for the first time *Dive In* has something for you With its unparalleled depth and breadth of knowledge engaging storytelling and practical real world advice this book is the ultimate resource for anyone who wants to take their swimming to the next level and experience the life changing benefits of this incredible sport So what are you waiting for Take the plunge and *Dive In* to the world of swimming mastery today With this book as your guide there s no limit to what you can achieve in the water and beyond **Medicine and Science in Aquatic Sports** Y. Mutoh,M. Miyashita,A.

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Swimming Complete Guide (2 Books in 1). Swimming Lessons The Best Lessons Explained + How To Swim Faster Everything You Need to Know about Swimming Faster Miriam Fast,2021-09-16 Yes You Can Swim Faster Without Having To Train For Years Here s How Do you love swimming so much that you want to start competing When getting ready for their first competition many people change the focus of your training and work on swimming as fast as they can But if your swimming technique isn t perfect simply flailing your arms around faster won t make you a better swimmer This book will show you how to improve your swimming technique AND speed at the same time without the need to train for years This book will help you Unlearn bad swimming techniques and swim like a pro Choose the best swimming stroke for your goals Create a personalized training plan to speed up progress Master the exercise drills used by pro swimmers Optimize your nutrition to provide your body with the best fuel With this book you ll become a faster swimmer in a matter of weeks Scroll up click the Buy now button and Get Your Copy Now **Cognitive Issues in Motor Expertise** J. Starkes,F. Allard,1993-09-15 The intent of this book is to describe those perceptual and cognitive components which contribute to skilled motor performance in a wide variety of disciplines including sports microsurgery video games and speech Also considered are issues in the measurement of motor skill the development of motor skill across the life span and the importance of individual differences in the development of motor skill Many chapters contain studies employing the expertise approach used so successfully to study cognitive skills in psychology Using this approach expert performers are compared to novices on domain relevant laboratory tasks in order to determine whether specific cognitive or perceptual processes are related to performance differences This volume will be of value to kinesiologists sport psychologists physical educators and cognitive psychologists who are interested in a new perspective on the nature of motor skills The majority of the chapters include reviews of the literature necessary to understand the case being made Thus the book may be understood by any reader with a basic course in psychology or motor behavior **Decision Support Systems: Experiences and Expectations** T. Jelassi,M.R. Klein,W.M. Mayon-White,2014-06-28 This proceedings volume aims to consolidate current knowledge of research into the many fields of DSS and to identify key issues which should be incorporated into the future research agenda The main themes of this volume include DSS for distributed decision processes Embedding knowledge in DSS and DSS and organizational change *Knowledge Spaces* Dietrich Albert,Josef Lukas,1999-08 In this volume researchers employing Falmagne s theory of knowledge spaces describe its relevance and utility for a wide variety of problems in cognition ranging from chess to swimming to inductive reasoning For cognitive scientists of all sorts

Swimming World and Junior Swimmer ,1992 **Science of Swimming** Brett Hawke,2024-12-10 Learn the science needed to perfect your stroke swim faster and endure for longer Science of Swimming dives deeper than any other book to

examine the muscle groups and bodily systems involved in being an effective swimmer how they interact with the hydrodynamics of water resistance and how you can apply this knowledge to streamline your technique and achieve your training goals Each swim stroke is anatomized so you can analyze and adapt your stroke to swim smarter Full spectrum training programs for all abilities and goals combine drills speed work and endurance with dry land conditioning routines targeting muscle strength flexibility and aerobic intensity All the latest scientific insights explained including optimum nutrition the importance of sleep hygiene and techniques for mental resilience to questions about wetsuits and open water swimming Whether you re swimming simply for relaxation competing for a club training for a distance badge or triathlon or planning to explore the oceans Science of Swimming will support you both in and out of the water **Basic Biomechanics** Susan Jean Hall,1999 This introduction to biomechanics has an emphasis on the quantitative nature of the topics as well as qualitative examples of problems designed to illustrate biomechanical principles **Subject Guide to Books in Print** ,1991 **Spalding's Field Hockey Guide** American Field Hockey Association,1925 *The Youth Athlete* Brian J. Krabak,M. Alison Brooks,2023-06-22 The Youth Athlete A Practitioner s Guide to Providing Comprehensive Sports Medicine Care includes topics that provide the most comprehensive and holistic understanding of the youth athlete The foundation of the book focuses on the growth and development of the athlete from child to adolescence balancing their physical mental and emotional needs The middle sections expand on this foundation concentrating on common injuries and illnesses as well as unique topics e g Female Athlete Triad Sports Specialization Final sections emphasize specific sports e g Soccer Basketball eSports allowing the reader to synthesize the previous information to assist with return to play decision making Written from a scientific perspective and incorporating evidence based medicine into its content this book is perfect for health care practitioners of varied specialties The complete and comprehensive structure of the book will clearly distinguish it from all other textbooks on the market Covers diverse topics that reflect our current understanding of youth athletes and issues related to their care Incorporates evidence based approach highlighting the latest state of the art information and research Written by global content experts throughout the sports medicine field The Gambetta Method Vern Gambetta,Gambetta Sports Training Systems, Incorporated,1998 **Foundations of Sports Coaching** Paul E. Robinson,2010-02-25 Athletes and sports people at all levels rely on their coaches for advice guidance and support Foundations of Sports Coaching is a comprehensive introduction to the practical vocational and scientific principles that underpin the sports coaching process It provides the student of sports coaching with all the skills knowledge and scientific background they will need to prepare athletes and sports people technically tactically physically and mentally With practical coaching tips techniques and tactics highlighted throughout the book covers all the key components of a foundation course in sports coaching including the development of sports coaching as a profession coaching styles and technique planning and management basic principles of anatomy physiology biomechanics and psychology fundamentals of training and fitness performance analysis reflective

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