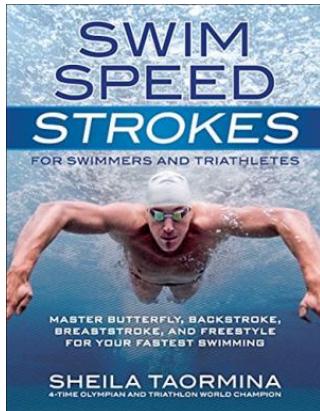


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SWIM SPEED STROKES FOR SWIMMERS AND TRIATHLETES: MASTER BUTTERFLY, BACKSTROKE, BREASTSTROKE, AND FREESTYLE FOR YOUR FASTEST SWIMMING



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...

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