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Mastering Swimming (Masters Athlete)

Jim Montgomery, Mo Chambers

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Trim seconds off your time, train more efficiently, or simply maximize your fitness workouts with *Mastering Swimming.*

Renowned coaches Jim Montgomery and Mo Chambers have teamed up to create the ultimate swimming guide for masters athletes. Swimmers aged 18 to 120 will benefit from a targeted approach that covers these essentials:

-Stroke instruction and refinement for freestyle, breaststroke, backstroke, and butterfly

-Workout plans for fitness and competition

-Training for open-water swimming and triathlon

-Second-saving starts and turns

In addition, *Mastering Swimming* covers equipment, dryland training, motivational strategies, and guidance for selecting a masters coach or program. With such complete coverage, it's the one resource you'll turn to time and again for a lifetime of serious swimming.

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