



# Workouts in a Binder for Swimmers, Triathletes, and Coaches

*Nick Hansen, Eric Hansen*

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## **Workouts in a Binder for Swimmers, Triathletes, and Coaches** Nick Hansen, Eric Hansen

This waterproof book of 100 swimming workouts offers swimmers and triathletes a wide variety of structured workouts to improve swimming fitness, technique, and speed. Using all four competitive swim strokes (freestyle, breaststroke, backstroke, and butterfly), swimmers and triathletes will strengthen more of their swimming muscles than by swimming freestyle alone.

Nationally recognized swimming coaches Nick and Eric Hansen offer 6 effective training plans to improve fitness and speed. Triathletes, masters, and collegiate swimmers will swim long-distance, middle-distance, sprint, IM, and stroke workouts to improve all swimming abilities.

Choose between a standard "A workout" and a modified "B workout," for those with less time or stamina. Spiral bound and printed on durable, waterproof cards, these swim workouts are specially designed to be used and abused at the pool.

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