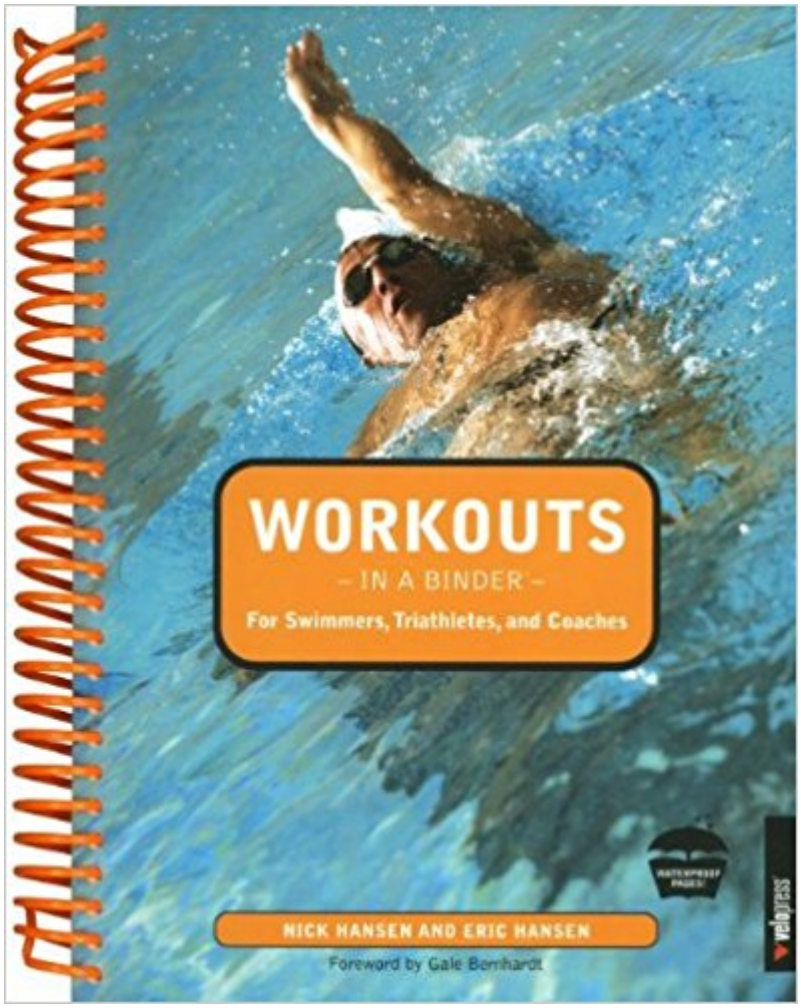
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Workouts In A Binder For Swimmers, Triathletes, And Coaches



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Synopsis

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 workoutÃ¢â ¬Â• and a modified "B workout,Ã¢â ¬Â• 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.

Book Information

Series: Workouts in a Binder

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Average Customer Review: 4.3 out of 5 stars 75 customer reviews

Best Sellers Rank: #125,174 in Books (See Top 100 in Books) #17 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #29 inÃ Â Books > Sports & Outdoors > Individual Sports > Triathlon #225 inÃ Â Books > Sports & Outdoors > Water Sports

Customer Reviews

You won’t find a more useful or durable swimming book. These waterproof pages are made to be used and abused on the pool deck, and the oversized flap will hold the workouts upright for easier viewing.Ã Â Thousands of swimmers and triathletes have used the original Workouts in a BinderÃ Â® to strengthen their strokes and improve their times. Now Nick and Eric Hansen deliver 100 new workouts that incorporate a full range of strokes, drills, and skill building to help you develop more power, endurance, and speed. Athletes can choose between a standard "A workoutÃ¢â ¬Â• and a modified "B workout,Ã¢â ¬Â• for those with less time or

stamina.Ã Â Regardless of experience or ability, you'll enjoy the variety packed into these pages and the six unique training plans that help you put it all together.Ã Â Nick Hansen holds a graduate degree in exercise physiology. He is a former U.S. National Team swimming coach, University of Wisconsin head coach, University of Arizona assistant coach, and the Loveland Master's team coach. Nick also served as an exercise physiologist at the University of Wisconsin Sports Medicine Clinic.Eric Hansen has national and international experience as a member of the U.S. National Team as an athlete and coach. Currently he is the head men's and women's swimming coach at the University of Wisconsin. In 2004 he coached an athlete who won a gold medal and set a World Record at the Olympic Games. He was also the head coach for the 2003 Pan American Games and the 2002 Short Course World Champion ship. Eric holds a master's degree in exercise physiology from the University of Arizona and a bachelor's degree from Iowa State University.

Nick Hansen holds a graduate degree in exercise physiology. He is a former U.S. National Team swimming coach, University of Wisconsin head coach, University of Arizona assistant coach, and the Loveland Master's team coach. Nick also served as an exercise physiologist at the University of Wisconsin Sports Medicine Clinic.Eric Hansen has national and international experience as a member of the U.S. National Team as an athlete and coach. Currently he is the head men's and women's swimming coach at the University of Wisconsin. In 2004 he coached an athlete who won a gold medal and set a World Record at the Olympic Games. He was also the head coach for the 2003 Pan American Games and the 2002 Short Course World Champion ship. Eric holds a master's degree in exercise physiology from the University of Arizona and a bachelor's degree from Iowa State University.

Purchased as a gift for a swim coach. Based on the cover, I thought the book was a standard size (8.5x11), but it's much smaller. It has smooth pages that are waterproof and the workouts are compact and organized. There are workouts based on speed, endurance, and drills. Because the book is short, it fit nicely in the small pocket of my swim bag. The back cover is really long and folds over the other pages and tucks right behind the front cover. It's nice that it protects the rest of the pages. Coach was so excited

I like this idea of workouts but for a swimmer at my level it is too hard to get in that much yardage in the amount of time I have. I would also have to really study the terminology to know exactly what I am doing at a glance. For me I can only give it an okay but for a really serious swimmer and

triathlete I would give it 5 stars.

Not clearly written or easy to follow. Find something else to help with your workouts.

I am a lifelong swimmer and coached for a number of years as well. I was tired of writing my own sets so I picked up this book. There are a few aspects I really like:-plenty of sets, with good stroke and distance variety-semi-waterproof-constructed so that it can be propped up for easy reading during workoutMy only complaint is that the set construction strikes me as very traditional. The workouts do not seem to contribute to a larger fitness plan. With the advances over the past decade in exercise science, I had hoped for combinations of workouts that better exploited modern knowledge.

The workouts in this book are insane, most in the 4000-5000 range. Worthless for most of us non-Olympians.

Taken me to a new level of swimming. The work outs are longer than I expected with most of them around 3500yrds. Some as long as 6300yrds. Usually, I don’t have that kind of time, so I cut them in half and still have a great work out.

This is a nifty little useful book! I love how it is compact and waterproof! I struggle with understanding the workout lingo, but I will figure it out over time as I get familiar with the terms, and especially the abbreviations. Very handy, sturdy. Nicely packaged. Easy to fit into a swim bag.

This is a loose-leaf binder, laminated to avoid damage from pool water, with multiple workouts for various swimming objectives. This should be a part of every fitness swimmer’s workout bag. I gave it to my eye surgeon as a gift when he stated he had to reduce running and was making up for it with swimming.

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