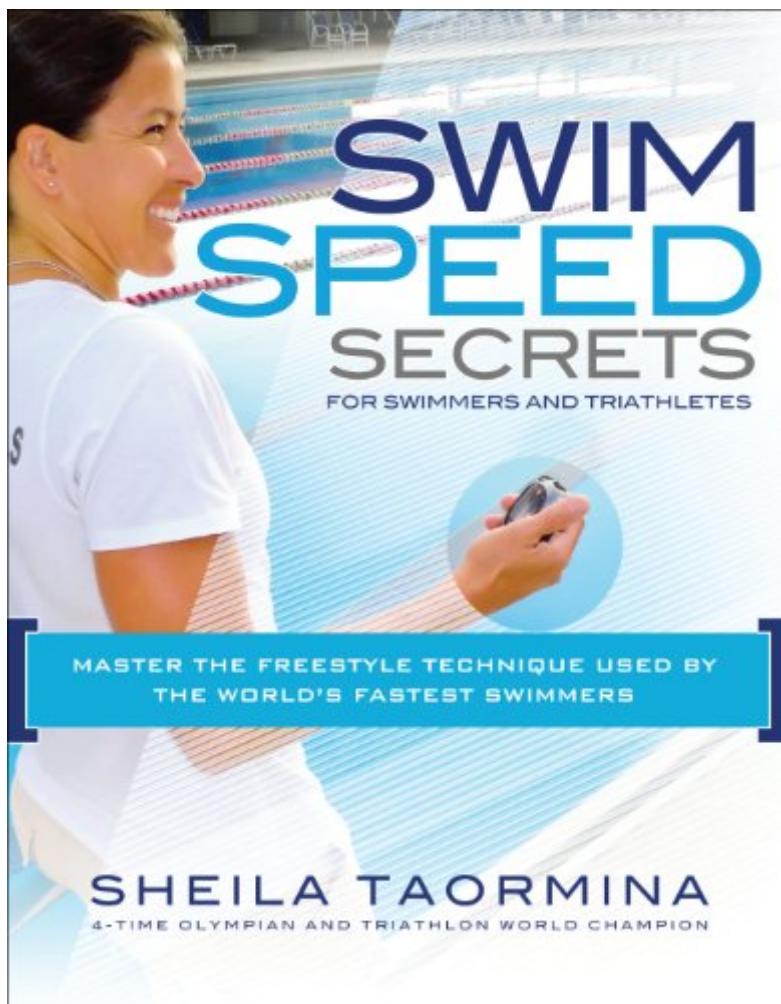


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# Swim Speed Secrets For Swimmers And Triathletes: Master The Freestyle Technique Used By The World's Fastest Swimmers (Swim Speed Series)



## Synopsis

In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing power "the most crucial element of swimming" to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. *Swim Speed Secrets* includes:

- The best drills to cultivate a more sensitive feel for the water
- Dryland and strength building exercises to develop arm position and upper body musculature
- Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull
- Clear descriptions of the key moments of the underwater pull
- Tips that helped her perform at a world-class level for two decades

Sheila Taormina's *Swim Speed Secrets* brings the focus back where it belongs "to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

## Book Information

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## Customer Reviews

I am a triathlete (or perhaps a wanna be) and swimming has not been my strength. While I get advice from coaches on movement that is visible outside of the water, I typically see MANY people doing exactly what those coaches are telling me my problem is, yet going MUCH faster than I. Clearly, something else is the problem, something going on under the surface, that's making the difference. This is where Sheila focuses - on the pull. She invokes the 80/20 rule and states that the other stuff - body streamlining, arm recovery, hand entry - is all the in the 20%. And the best evidence she provides for that is Johnny Weissmuller held all swim records in the 1920s, while swimming holding his head out of the water! His speeds are certainly not up to today's olympic standards but he swims WAY faster than I or 99% of most triathletes (57s / 100m is Pretty Darn Fast). What he did have was a really good pull. This is a well-thought out book with drills and training approaches. She does take her time making her point in places but this is the best book on the important parts of technique that I've seen. Highly recommended.

The author focuses mainly on the high elbow catch. What others spend a paragraph in a book or 60 seconds in a video, this author covers in great detail in an entire book. This reminds me of the total immersion (TI) books that use an entire book to focus on a narrow aspect of a stroke. Though it seems that one should be able to cover the high elbow catch with fewer pages, much like the TI books this book really drives the point home for the reader. I like this book a lot. Perhaps I am reading it at the right time for my training. Though everyone will benefit from it, I would suspect some readers will benefit more depending on current swimming level. Total beginners may benefit more from the TI books. This book does not try to teach you how to start swimming. It assumes you can do some laps. However, this book will not hurt you if you are a beginner and very soon it will become indispensable for you, too. The authors style of writing is very friendly. You will feel like you had a good coaching session after reading it. The pictures are very inviting. The pages are printed nicely. Very good job. On the presentation this book is the \*best\* swimming book out there. Where I think the book could improve is where I enjoyed the book even more. As the title suggests, the book

is about 'secretS' (many). And indeed, there are many secrets/topics in it, but they are all revealed in a less organized way during high elbow catch discussions. I greatly enjoyed the other tips. I just wish the 'secrets' were presented in a structured way. Perhaps the author feels that they are of lower importance. But... swimming is a sport of millimeters.Kudos to the author for this book. I like it a lot

After reading the Book "Swim Speed Secrets", The way I thought about swimming changed immedietly, and each workout thereafter become more focused and refined. I had the wonderful opportunity to attend Sheila's swim clinic afterward also, and was the perfect application to put it together even more. I coach a USA Triathlon Team, a US Masters team and High school Swim team, and compete myself. In the past 16 months after reading and learning the techniques and developing the flexibility and strengths that asist in better form, I went from swimming my usual 130/100 Yrd pace .to now consistintly swimming sub 109's...! and the HS swim team went from 1:6 (wins /losses) last year before I applied these, to A 6:1 this year!! with many PR's! My triathletes are now known at races, as the ones to try to catch on the bike or run, because they are far out front from the swim!~ :) many thanks Sheila!coach- DJ Smith

It sounds gimmicky, but it's true: this book shaved 30 seconds off of my 400 meter time in \*one week\*, without any additional outside coaching. I am a competitive runner making the transition to triathlon for the past 3 years, and have always struggled particularly with the swim leg of the sport. I have taken swim technique classes, done masters' swim classes, watched Total Immersion videos and read the TI book, but this book for the first time made something "click" with me about the way I have to think about swimming in order to actually move forward with speed.The book basically is an enormous critique (although she doesn't name it explicitly) of Total Immersion's focus on gliding, reducing drag, reducing strokes, and becoming like a fish. Instead, Sheila focuses exclusively on the CATCH and PULL aspect of the stroke, using photographs and amazing visual images for when you're practicing. IT WORKED. The next day, I went to the pull, visualized a few of the images she has in the book, and voila! Instantly faster. Of course, it will take a lot more work for me to improve on what I gained through the book, but I am just MUCH more comfortabel in the water after reading this. She gives some exercises and sets to practice which are good, but I look forward to her next book when she goes into more detail about that.

Let me start by saying I fell into the Total Immersion trap. I have never reviewed a book, but I felt

compelled because of my struggles with swimming. I was a fairly successful club swimmer in H.S. I swam 54 sec.100 yard freestyle, while swimming 2 months out of the year. We basically trained on the principles of this book. I took a extended break from swimming, and then at 30 thought triathlon would be fun. I have read several books on triathlon and Total Immersion is mostly what they preach. So, I bought the book and followed it for 2 years; drills and technique, everything. I didn't notice an improvement and was frustrated as heck. I cam across this book and its reviews, and thought I give it a try. As I read I thought she had written this book about someone in my stagnate swimming situation. I implied the books techniques (same as I was taught in club swimming years ago), and have seen vast improvements in speed and stroke counts. Sheilia keeps it simple and provided me with a reality check. Total Immersion still has value, especially to beginners, but I believe swimming is 80% pull / 20% Total Immersion

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