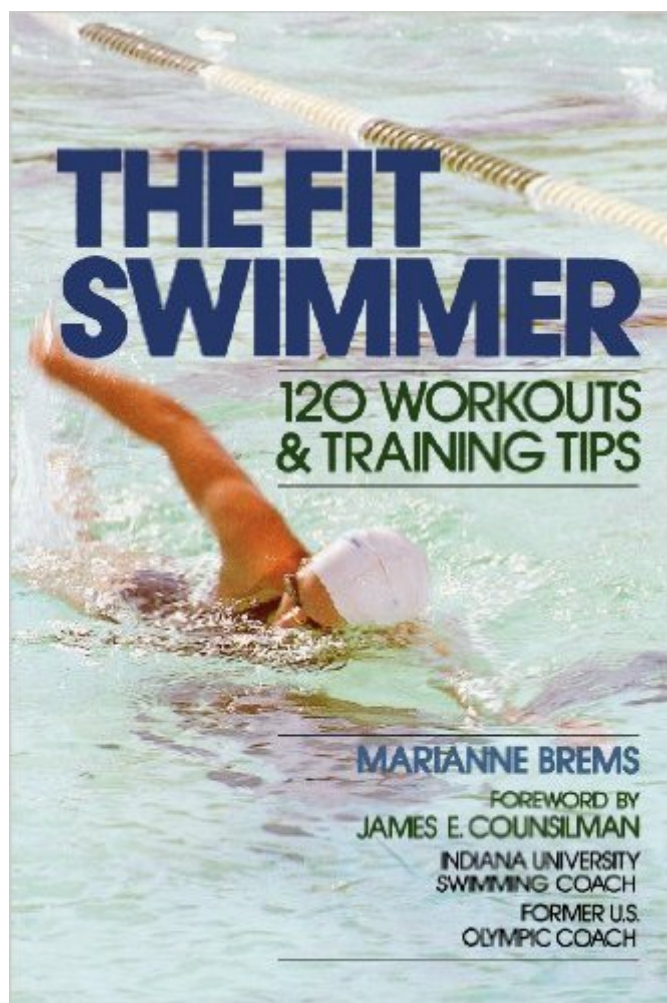


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# The Fit Swimmer: 120 Workouts & Training Tips



## Synopsis

This book puts an end to the drudgery of merely counting laps by showing you how to create your own individual fitness program--and have fun doing it! Learn how to: Determine your own fitness level Choose an appropriate training program and build upon that program with a variety of innovative workouts Use a timing clock and interval training to increase your speed and endurance Use various training equipment, such as kick boards, hand paddles, and swimming fins to strengthen stroke technique Improve your cardiovascular fitness, muscle tone, and flexibility Included for quick reference are tips for streamlining strokes, checklists for proper stroke execution, and a helpful glossary of training terms as well as a section on the joys and challenges of open water swimming. "I am constantly looking for new approaches which will do at least one of the following, and possibly all three: give me a change from normal routine make me a faster swimmer challenge me to work harder The Fit Swimmer addresses all these in an informative and entertaining way, making this book a valuable resource for all swimmers." -- James E. Counsilman Swimming Coach Indiana University Marianne Brems is a Masters swimmer, coach of the San Mateo Master Marlins, author of Swim for Fitness and 101 Favorite Workouts, and a regular columnist for Swim Swim magazine.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (21 customer reviews)

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## Customer Reviews

It is a fantastic book for start a real and serious fitness program on swimming.I started the program stated in the book 3 month ago being a fresh beginner , and now I can swim 1600 meters per day with no problem at all.I do each training tip during 3 days in a row ,and I am improving very fast. It is

easy to read, simple with a very good glossary of vocabulary for swimming. I STRONGLY recommend for people who want to start a performing swimming program without having a coach. (THE BOOK ITSELF IS YOUR COACH)

Swimming is one of those curious beasts of the American athletic sports scene: vast multitudes participate (recreational, summer, competitive, etc.), but very few really know how to improve. As in other sports, many parents wind up coaching as their children get involved in swimming as there are too few coaches available. There is much to learn! Stroke technique, using the clock, training the aerobic and non-aerobic energy systems, how to author and conduct a productive and interesting workout, etc. To those who might feel intimidated by all this, this book brings help in the form of workout structure. The workouts range from basic beginner to advanced workouts for accomplished swimmers. I have used Marianne's book to keep my workouts (as an age-group coach and Master's swimmer) interesting and my swimmers are always eager to swim. I highly recommend this book for coaches and swimmers who are self-coached.

Like many triathletes I had a bit of swimming in my background when I started racing, but certainly not enough to be competitive. I occasionally swam with organized groups but my consultant travel schedule made sure that was infrequent. I got a copy of *The Fit Swimmer*, read it cover to cover and made up about a dozen workouts from the suggested routines. The section on open water racing was particularly valuable. While training diligence was definitely part of it, this book was the #1 resource for me in competitively placing in events ranging from local races to National and Ironman distances. Ms. Brems meets 2 imperatives: she explains things simply and she gives you the tools you need to progress from a relative novice to a competitive swimmer. Like a craftsman and apprentice, she leaves it up to the reader to figure out how to best use the extensive toolset in the book. I found that creating about a dozen workouts on 3x5 cards from her suggested routines and rotating them did the trick (store them in a ziploc bag for use poolside). You can experiment with different routines to test how your body responds. I now coach people on an occasional basis, and strongly encourage each of them to read the book before we start.

An excellent book. Very well written and a super index of swimming terms. The swimming terms are explained very well and also organization is excellent. I love how Brems gives workouts for the beginner, intermediate, and advanced swimmer. Super tips for everyone who loves swimming. Also this book is great because it gives you workouts for about 1/3 of the year!! I would recommend this

book to anyone who interested in doing swimming workouts without a coach!! This book is a must have for all swimmers!!

I came across this book as I was trying to incorporate new workouts into my coaching for a master's swim team. It is an outstanding book of diverse workouts which has made it simple to have a range of exciting sets for the swimmers without having to be so creative myself! A great book for every coach to have in their library.

Along with the other books which I purchased through .com, this one has been excellent for creating swim workouts for my high school team. There are specific workouts for various techniques, which makes it easy to locate exactly what my swimmers need. I then adjust the workout to their needs and away they swim! Highly recommend this for a swim team or individual.

A good book for intermediate swimmers but offers little technique or help for people just starting out in the sport.

if you want to get fit in the pool, the best way to get there is have a plan. this book is the plan. with over 100 mostly progressive workouts, this can (over time folks) take the beginner to intermediate or advanced levels of swim fitness. to enter the pool without a workout plan is the easy way to not get a good workout. Brem's book will help you push yourself

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