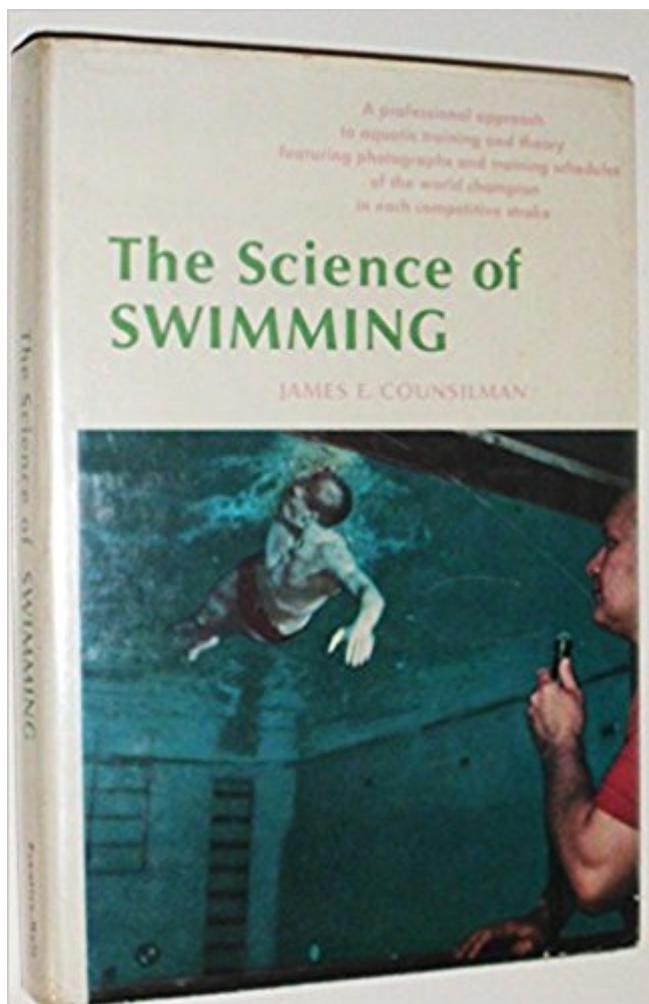


The book was found

The Science Of Swimming



Synopsis

Hardcover, No DJ, some wear to cover, good condition for age

Book Information

Hardcover: 480 pages

Publisher: Prentice-Hall (June 1968)

Language: English

ISBN-10: 0137953852

ISBN-13: 978-0137953851

Package Dimensions: 9.2 x 6.2 x 1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.4 out of 5 stars 11 customer reviews

Best Sellers Rank: #562,482 in Books (See Top 100 in Books) #133 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1417 in Books > Sports & Outdoors > Water Sports

Customer Reviews

Hardcover, No DJ, some wear to cover, good condition for age

I first found this book as a college student majoring in Kinesiology. It's old, but the diagrams and stroke movement descriptions are perfect. If you want to refine your swim stroke than this is a must have book. The diagrams of step by step arms pulls and legs kicks of freestyle, breaststroke, Butterfly, Backstroke are great for new swimmers to view as they can see just how they should pull their arms, etc. A fantastic resource.

It was as advertised and what I expected. Even though the book was well used, the book serves my needs and I refer to it often. The book was very inexpensive and really deserved a higher price. After I have benefited from the information I will make the book available to others. As such I've given this transaction a 5.

I love this book so much! I have been engaged with swimming in the Czech Republic for many years and this book is like a bible for all coaches of swimming all over the word. So I am very happy to have it now! Although there are new methods of training nowadays, the majority stays the same. Thank you very much!

Very good book

A classic that changed the sport of swimming and who's fundamentals are applicable today. Succinctly written by a great man and coach. If I were to own just one book on swimming, this would be it.

Despite some of the content being dated, the training programs and explanations are top-notch. It's an advanced read, but worth the time if you're into super-technical explanations of sports science.

Counsilman's studies are still quite relevant to-day and the description of strokes, along with the illustrations, help in developing training techniques for competitive swimmers.

love this book no matter how old it is...the principles still apply in today's swimming pool...i read it as a kid

[Download to continue reading...](#)

Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival (Survival Fitness Series Book 4) SWIMMING: The Ultimate Guide to Mastering the Four Major Swimming Strokes The Swimming Triangle: A Holistic Approach to Competitive Swimming Teaching Swimming: Teach & Coach Swimming The Swimming Psychology Workbook: How to Use Advanced Sports Psychology to Succeed in the Swimming Pool Swimming: Swimming Made Easy: Beginner and Expert Strategies for Becoming a Better Swimmer Triathlon Swimming Made Easy: The Total Immersion way for anyone to master open-water swimming Bio-mechanisms of Swimming and Flying: Fluid Dynamics, Biomimetic Robots, and Sports Science Science of Swimming Faster The Science of Swimming Swimming (Science Behind Sports) Freezing Colloids: Observations, Principles, Control, and Use: Applications in Materials Science, Life Science, Earth Science, Food Science, and Engineering (Engineering Materials and Processes) The Complete Swimming Pool Reference, 1e Swimming: Swim Yourself Slim and Obtain the Swimmerâ™s Body: Losing Weight, Get Lean & Stay Healthy (Vegan, Bodybuilding, IIFYM, Whole 30, Carb Cycling, ... detox, mediterranean diet, Build Muscle) Diving Deep: A Beginners Guide to Deep Sea Diving: (Scuba, Snorkelling, Diving, Scuba Diver, Deep Sea Diving, Swimming, Scuba Diving) Stretching for Everyday Fitness and for Running, Tennis, Raquetball; Cycling, Swimming, Golf, and Other Sports 2017-18 NFHS Swimming & Diving Rules Book Learn to Swim: Even if you are Terrified (Swimming Book 1) Swimming to Antarctica: Tales of a Long-Distance Swimmer Swim Speed Strokes for

Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)