

## Speed Demon - A Plain English Guide to Swimming Sprint Freestyle (Paperback)

By Fiona Holt

Lulu.com, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Speed Demon is the must-have book for all competitive sprint freestyle swimmers. It doesn t just tell you how it tells you why. And it tells you in plain and simple English with analogies as explanations rather than complicated mathmatical proofs. The book s main goal is to highlight the importance of technical analysis but while technique is important it is not viewed in isolation. Speed Demon is a complete strategy for sprinting success and is full of tips on how to achieve it (including some gleaned from Olympic swimmers). Nobody likes battling with concepts they do not fully understand. With its plain English style this is an easy-read which will be of interest to young adults and masters alike.





## Reviews

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