

SwimSmooth

**The complete coaching system for
swimmers and triathletes**



Paul Newsome • Adam Young

Paul Newsome and

Swim Smooth: The Complete Coaching System for Swimmers and Triathletes



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Transform your technique in the water and become a better swimmer with this extraordinary new approach to freestyle swimming, ideal for all amounts - newbie, intermediate and advanced, in addition to swimming coaches. Aimed at both fitness and competitive swimmers, it explains why is an effective stroke and how exactly to develop your personal swimming style. See: It all accepts differences in person swimmers and shows you how to understand the fundamentals of swimming to find a style that functions for you personally. Swim Smooth. Swim efficiently. Swim fast. Technique, fitness training, racing skills and open water swimming are all covered, with photos and 3D graphics assisting you to place theory into practice. The Swim Smooth strategy, produced by consultants to the precious metal medal earning British Triathlon team, helps you determine the strengths and weaknesses of your stroke and drill and training tips to take full advantage of your time and effort in the water.



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Soon To Be Iconic Over the years I've read quite a few swim books and this is definitely in the top echelon. Both the materials and the format are excellent. The book is top quality, table size, printed on chromo paper and with excellent color graphics explaining and illustrating the text. The book is organized into three parts - technique, training and open water. There are also appendices on drills and work out programs and references to the Swim Even site. I do not really intend to summarize the contents of the publication but I would like to point out two major themes: a. the Swim Smooth technique has specific fundamentals but isn't a one-size-fits-all system. I've used many of the exercises in fact it is definitely helping to increase confidence. b. Although never stated by name, the TI method is completely disputed and discredited by the authors. The Swim Simple method may be the antithesis of TI. It must be remarked that this book deals exclusively with freestyle and with an emphasis on open drinking water swimming. They show the wrong way to accomplish the technique and give many pointers. With that said, I truly feel that Swim Smooth will become among those iconic swim books and is an important addition to any swim library. 1) A new book "Swim Smooth" has the most modern information of all, along with a fine site swimsmooth.com. Best modern freestyle swim book I actually am a recreational swimmer who tried to relearn to swim better back in 1998 from Terry Laughlin's book. I've by no means been on a swim group to get good training guidance. I was scissor kicking because my hands had been going across my own body on entry and below the water and it was just how I was attempting to stability. The newer tips is quite different from the older books which encouraged behaviors that can easily lead to shoulder injuries. Strongly suggested. I believe with TI I need to look for a clinic and a trainer therefore I can do it in person. Great book, great people that wrote it, superb help! Amazing book. And just forget about a sideways scull and S-shape arm movement (update: I have added back a partial S movement which appears to flow better with an increase of speeds if you are using fins, plus Olympic swimmers do that too). The access angle should be at a steep approx 45 level angle and the hand should tip down for the capture right after full extension (instead of gliding more). I should not angle my hand sideways on entry which can injure the shoulder and I should not cross the center line on arm extension or pushback (some outdated books display the arm crossing horizontally beneath the body) which loses propulsion and potential clients to being off stability. My self-taught freestyle stroke has several major flaws, eg. In any case, the reserve "Swim Smooth" and internet site (with the downloaded MrSmooth app) is my top choice for a relearn-to-swim-freestyle book for amateurs who have no coach. 2) Next in line may be the exceptional second edition of "Fitness Swimming", pages 1-69, page 86, and pages 119-120 (the rest is certainly workout schedules). This publication has by significantly the best compact description of the theory and recommendations for the present day injury-free freestyle. It finally told me specifically how to perform the 2-defeat kick along with the unfathomable (from additional books) 6-defeat kick. just getting a workout - I was doing that but nonetheless gasping after 50 meters! Too bad in that book (or also his latest one) there is absolutely no good explanation of the arc the hand travels (ie. S-shape or not really) or fundamental principles like the hand should always be inside the elbow distance (in any other case). They have a great website and when I had a question about something I needed to order they emailed right back and were extremely encouraging. damage) and the similar dangers of angling the hands on entry, or of the merits of a steeper hand entry (but see his DVD below). 5 very strong stars. EASILY was teaching someone to swim from floor zero, I would utilize the exercises to business lead up to the crawl in that book's freestyle chapter (which are easier to see/enjoy in the bigger format "Total Immersion Pool Primer", essentially drills in stability and body rotation) or in Terry's Dvd movie "Perpetual Movement Freestyle in 10 Lessons", which teaches how to swim by progressive enhancement of fundamental balance and propulsion abilities. The graduated drills are clearly demonstrated and the progression to developing the entire stroke and 2-defeat flick kick is certainly logical. 4) "Learn to Swim in a Weekend" is a super compact (90 pages), all-picture instruction to the main strokes plus turning and diving, about 8 easy to look at web pages per stroke type. That is a fun book to look through and the pictures are great in showing the essentials of each stroke. So those are the 4 most essential how-to-swim or how-to-relearn-to-swim-better books I've discovered. Then there's the very old swimming reserve "Swimming: Steps to Success" which includes some awful crawl advice (which was considered advice in the 1960's), but includes a few nonmajor strokes such as the sidestroke and the Twice Trudgen which I'll learn sometime to amaze folks - After all, who actually knows that stroke today apart from ocean lifeguards! The third edition of this book has not changed from the

old first edition, so do not expect modern swimming advice. I'm very short and petite and it simply wasn't working. This is "the" modern theory and how exactly to swim book before 1990's and has organized remarkably well, plus it's fun to find images of Tag Spitz's swim strokes. Looking through this reserve a couple of days ago already has led to a major revision of my freestyle. You can obtain the essential info from this fun book by just looking at the many pictures and reading the captions. It clearly identified so many issues I've with swimming after obtaining back the water after twenty years. I'm training for a triathlon and swimming is normally my weak area so I need to work on it. I actually fell asleep watching it 3 x. It modifies these fundamentals to different swim types that they recognize. They explain things so anyone can understand. The drills make sense and move you along well enough you don't feel just like you are taking everything soooooo slllllloooooowwwwwlllllyyy you are bored. The most regularly recommended book to me from other triathletes is definitely the Total Immersion: THE BRAND NEW Method To Swim Better, Faster, and Easier but that seemed to want me to lengthen my stroke and I could not really get the rhythm of breathing to utilize such an extended stroke. Background: the first-ever "contemporary" swim reserve was "Complete Book of Swimming" by James Counsilman (1979) which authors since possess liberally copied text from. Also I examine so many blogs and details that it got people YEARS to obtain comfortable and be a better swimmer with TI so the information was don't quit.) I would recommend Swim Smooth. I would like to be able to build, see improvement, and I want my swimming to be predicated on me and how it operates best for me. I purchased the but really struggled to get through it. Easy Freestyle Swimming by Terry Laughlin It had been so very boring and I didn't feel like I was producing any progress other than comfort in the water. I'll keep coming back and revise the review as I go further through it but I've currently determined what type I am and everything was dead bang on. I must say I wanted to love it since it comes so strongly suggested.. I experience like I can perform it. Their verbal cue system simply works for me. com with a super free app you may download and watch from any angle and in very slow velocity (esp from underneath to see the difference from the aged S-shape recommended arm motion for the crawl). Perhaps it is much better that way. Then I bought the SwimSmooth DVD Boxset, Figure out how to Swim DVD, and Capture Masterclass - and the lighting clicked on. I acquired already read the reserve and was doing many of the drills. and I did so take some advice away but I did so not feel it was going (by myself) to really help me. That is reflected in the fact that the underwater dolphin (a significant freestyle pool skill) isn't covered. I also liked, and this worked for me, that sometimes you take action as a reaction to something else. I've recently viewed a few new and old how-to-swim books. Once I examine/watched that I instantly was able to work on fixing it. Not the kick - the stroke and continue - which set the kick no issue. Of the two programs (TI or that one) I strongly prefer that one because the idea we are all unique rather than one stroke or way to swim will fit everyone just "fits" me. Terry Laughlin's books (latest greatest all-stroke intro is called "Extraordinary Swimming for each and every body") have been adopted broadly and I still would recommend this publication as one of the many must-have's for someone still understanding how to swim better. If you have to purchase one publication on swimming and you are working towards any sort of competition or you want to learn strongly (vs.3) Then there's the other contemporary swim publication that I re-discovered to swim from in 1998. That's great but I'm not that patient.. It sensed personal.. In SS terms I'm a bambino and I'm following many drills and my swimming offers improved by leaps and bounds and I'm looking to continue that pathway.



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