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Einführung in die verschiedenen Schwimmtechniken mit Empfehlungen für

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Ausrüstung und Training sowie Informationen zu gesundheitlichen Aspekten.

Swim better—and enjoy every lap—with *Total Immersion*, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an

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accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary

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land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

In *No Limits*, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to

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execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is 'Performance is Reality', and it typifies his attitude about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from

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unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

This 1928 highly illustrated two-volume work on garden design is regarded as among the most important surveys of its kind.

Two orphaned boys, Manus and Finbarr, descend into the house of the disputatious Mr.

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Collopy. This is a tale of growing up in the midst of eccentricity: of Mr. Collopy's mysterious humanitarian work on behalf of women; of his progressive-sounding (and often blasphemous) arguments with his priest, Father Fahrt. Manus quickly proves himself a master of business, teaching people by post to walk the tightrope in Edwardian Dublin. He soon dispatches Collopy on a trip to Rome, seeking relief from the unexpected effects of his eldest charge's attempts at pharmaceuticals. Finbarr, meanwhile, watches and waits, a young boy with only the foggiest notion of the world he is describing...

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This title is for all children who want to learn how to swim. It will inspire and motivate the beginner while teaching the basics as well as technique. Special exercises, puzzlers, and places for personal entries are included.

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers. Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can

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swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters. Swim Speed Strokes goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni,

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Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming. As Taormina shows in Swim Speed Strokes, the fastest technique for all four

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swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, Swim Speed Strokes will show you how to become the strongest swimmer you can be.

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