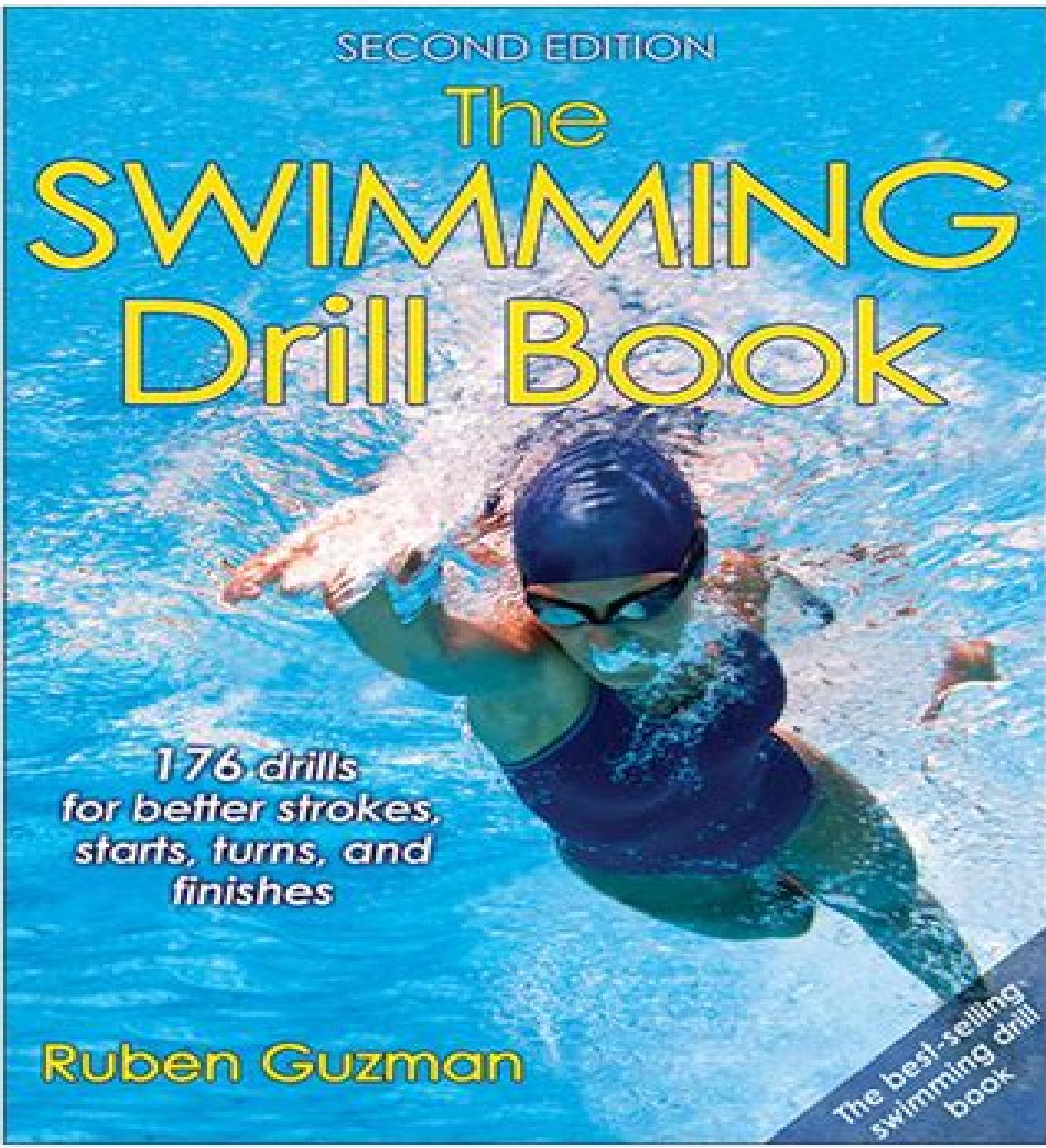


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best ways to refine your stroke find efficiency in the water and translate that to faster swimming is to regularly build swim drills into your swim practices In this eBook you will find 125 drills covering freestyle backstroke breaststroke butterfly and even sculling Each drill has a title a purpose and a thorough description of the drill along with key points to focus on when doing the drill Not only will practicing drills help your stroke your efficiency and eventually your speed drill work will also help liven up your practices making them much more interesting and challenging Doing so under the guidance of a coach and support of a team is even better so find yourself a team You won't regret it If you are a masters swimmer check out [www.usms.org](http://www.usms.org) to find more information on US Masters Swimming locate a team near you and see everything this great sport has to offer Dive right in I hope you enjoy this eBook and that your swimming skills grow by leaps and bounds Happy swimming

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illustrations **Technique Swim Workouts** Blythe Lucero,2009 The first book in a series called Technique Swim Workouts contains 75 workouts that focus on improving general swimming efficiency with specific workouts for each of the competitive swimming strokes The workouts in this book blend swimming drills and conditioning sets that total up to 2 000 yards meter Each workout is accompanied by a Focus Point to help swimmers zero in on stroke improvements by eliminating drag improving feel for the water and swimming in a core centered manner

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**The 100 Best Swimming Drills**

Blythe Lucero,2015-10-20 Presents a collection of one hundred swimming drills covering four competitive strokes freestyle backstroke breaststroke and butterfly

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