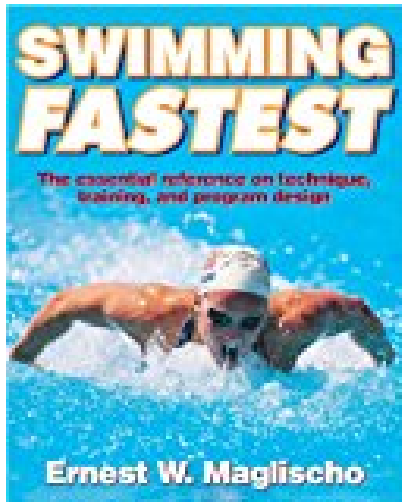


Swimming Fastest



BOOK DETAILS

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BOOK SYNOPSIS

An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

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