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ADVANCED SWIMMING: CONTEST PREPARATION FOR MASTERS, INCLUDING DRY EXERCISE AND NUTRITION



Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a practical compendium to homegrown athletes, former as well as current competitive swimmers, all those who are on their own, have little opportunity to train under a coach, and do not particularly like sharing lanes and those laborious must-do sets of tens and twenties they may receive from the deck overseer. It consists of several...

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- Authored by Sarah Patricia Condor
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