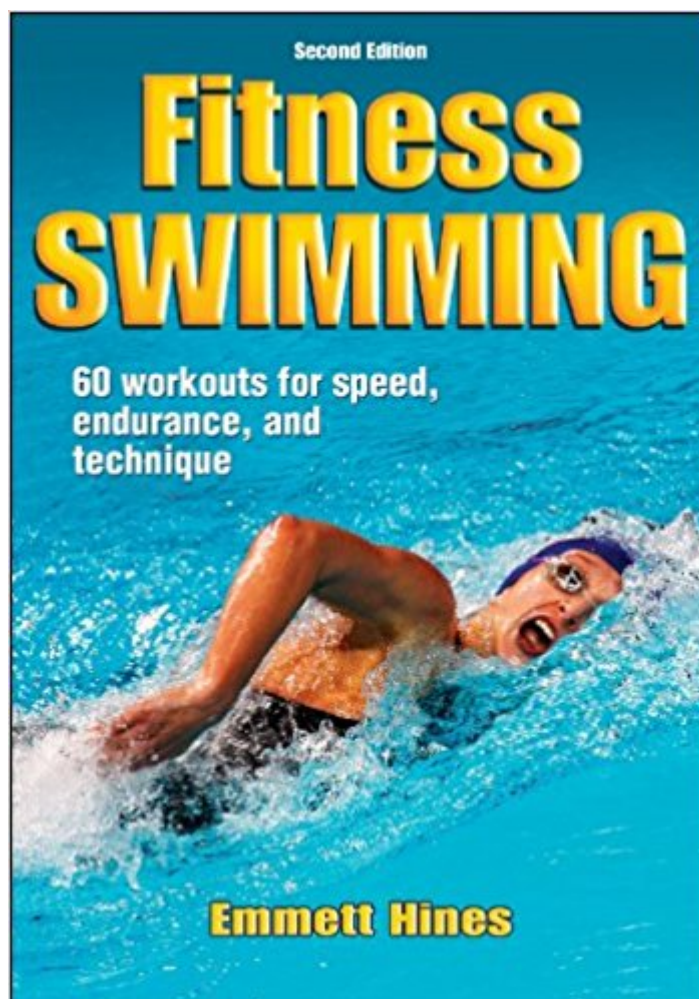


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# Fitness Swimming, Second Edition



## Synopsis

Want more from your workout? Whether you seek to improve your technique, trim your times, swim greater distances, or simply improve your fitness level, *Fitness Swimming* will help you achieve your goals, all in full-color. Expert swim coach Emmett Hines has created 60 new workouts and 16 sample programs, each arranged into suggested training zones to correspond to your fitness level and performance goals. Over a dozen cutting-edge technique drills help you progressively build an effective freestyle stroke. The text covers stretching, warm-up and cool-down methods, heart rate zone targets, expanded instruction for stroke efficacy, progressive drills, conditioning tips, and fitness assessments. *Fitness Swimming* has all the information you need to chart progress and maintain peak performance.

## Book Information

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Average Customer Review: 4.2 out of 5 stars 59 customer reviews

Best Sellers Rank: #347,409 in Books (See Top 100 in Books) #69 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #825 in Books > Sports & Outdoors > Water Sports #89163 in Books > Textbooks

## Customer Reviews

"Finally, someone has written a book about swimming that makes sense. Emmett's ability to explain swimming concepts in an understandable way is unparalleled. This book will open up the eyes of any fitness swimmer, from novice to ex-Olympian." Troy Dalbey, Head Masters Coach, The Phoenix Swim Club, Double Gold Medalist, 1988 Olympics, Former World Record Holder  
*Fitness Swimming* "is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers." Phillip Whitten, PhD, Editor-in-Chief, "Swimming World" and "SWIM" Author, "The Complete Book of Swimming" "A must read for any self-coached swimmer. The discussions of cardiovascular fitness and stroke technique combined with Coach Hines' rainbow' of workouts will

almost guarantee improvement in swimming efficiency and fitness." Mo Chambers Head Coach, Mountain View Masters United States Masters Swimming Coach of the Year (1996) "Coach Emmett Hines has created an invaluable tool for improvement-minded swimmers." Fitness Swimming "is the first book I have seen that perfectly complements the" Total Immersion "book and method by providing sensible and friendly guidance on how to build fitness and stroke efficiency in a seamless combination." Terry Laughlin Director, Total Immersion Swimming Author, "Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier" --This text refers to an out of print or unavailable edition of this title.

"Emmett Hines is an influential coachâ "a pioneer among masters swimming coaches. In Fitness Swimming he shares the very latest on swimming technique, and his no-nonsense approach to stroke analysis is refreshing. No swimming library would be complete without this book." Bill Volckening Editor, USMS Swimmer "Emmett has done a great job of creating a resource for swimmers on the technique and conditioning fundamentals of the sport. No matter what level, the drills and workouts will help you become a better all-around swimmer." Glenn Mills U.S. Olympic Swimmer and Founder of GoSwim.tv

I was expecting a book describing drills with images, and example workouts; not a thick dense piece of literature on the theories or telling me why I should swim in the first place. I wish I'd bought the book on my kindle so it would be easier to return.

I'm kind of conflicted as to how to review the book. The book is good and I think the drills and workouts are good. I think the workouts could be better organized (so not a 5). However, if you are considering buying a kindle version please consider buying the book. I now own a kindle copy and have just ordered a paperback copy as well. It is very difficult, at least it was for me, to navigate the workouts and associated drills on the kindle.

I decided to start swimming as my sole fitness exercise. I swam as a kid and was certified as a lifeguard, but had never really learned the strokes as well as those swimmers I have seen swimming for clubs. As usual, I wanted to learn as much as possible before I started working out. So, I bought at least 20 books on swimming. Then I dived into the books. I noticed that after a couple of weeks of reading, I was always coming back to one book, Coach Hines' Fitness Swimming. I now have 2 copies of this book. One is a backup. The book is well organized and provides a wealth of

information paced just right. It was nice that it started off providing the basics for people like me who have never participated in swimming for fitness/sport. Knowing that it describes more advanced drills/levels means I can use it as I improve. Additionally, it provides very clear instructions on each of the drills. Combined with numerous superb illustrations I found it very easy to understand what the proper drill/swim should look/feel like. I thoroughly love the focus points (red dot, buoy pressure, side skating, etc.). They provide good guideposts during a drill and reinforce proper execution. It's like having a coach in your head while you swim. I was somewhat worried before I started reading any of the books about the best way to combine the myriad drills. So, this book, by breaking the drills down into levels within a workout schedule, provides a great structure. Great book Coach Hines!!! Thanks for sharing your knowledge with us. I'm looking forward to your books on backstroke, breaststroke, and fly (if possible).-Dave Hallman

This is a well written very well thought out book. Not only is it informative you learn how to think about swimming and training in a very productive manner. This is not light reading but if you want to swim well and to do so for many many years then technique is critical. While this does not replace getting a real coach it does help you understand the process of becoming a fit swimmer that has proper form. My only mistake was getting this on Kindle and I wish that there was a webpage with some printable tables and forms to help me design the workout. Going back and forth on the Kindle is a pain. Nevertheless I am so taken by the writer that I plan on getting a copy of the book so I can crack it open and take notes. Sitting on the shelf this book will not help you but if you read it and work with the material it is very very productive piece of work, Swimming, like Yoga, will sustain you for years so invest the time money and effort get the book and apply yourself to the practice. Well written, well planned well worth it

I love this book. It's like having a personal swimming coach in my gear bag. I'm a novice lap swimmer who wants to improve my skills in order to use swimming as my primary means of exercise, so I have found Part II ("Swimming the Right Way") to be extremely helpful. The emphasis on posture and balance in Chapter 4 has been particularly enlightening for me. I am looking forward to starting the various workouts. The workouts are categorized into 6 levels, ranging from "Basic Skills Workouts" to "High-Intensity Workouts." There are 60 workouts, 10 for each level: Level 1: Basic Skills Workouts Level 2: Skill Development Workouts Level 3: Full-Stroke Swimming Workouts Level 4: Lactate Threshold Workouts Level 5: Speed Workouts Level 6: High-Intensity Workouts Part IV of the book is entitled "Training Over the Long Haul." Chapter 14 puts it all together

in terms of scheduling your workouts with recommendations for swimming programs (for example: Level 1, workout 1 on Sunday; Level 1, workout 2 on Tuesday; etc.). These sample programs/schedules are presented in an easy-to-read chart form that you can jot down in your training notebook and adjust to fit your week. Coach Hines writes in a conversational style, and the book contains many helpful illustrations. I have no doubt that incorporating this book into your swimming program will reap huge benefits for a swimmer at any skill level.

Recommended, very helpful. I didn't get it so much for the workouts, but instead for the author calls "Focus Points" to hone in on technique. Swimming itself can be technical, and is much a mental exercise as a physical one for many. The author does a good job of helping the swimmer understand and focus on important details.

Good instructions and explanations. I'm a middleaged beginner/intermediate triathlete with no background in swimming. Now I know what to focus on to improve my swimming.

ok

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