



Breakthrough Swimming

Cecil M. Colwin

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In Breakthrough Swimming, legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of competitive swimming and teaches the optimal techniques for each stroke, explaining why the particular movements he describes will help you move faster and more fluidly through the water. Accompanied by richly detailed illustrations, this engaging text is one of the most thorough and insightful technical presentations ever made in swimming. It combines history with the latest breakthroughs to provide a complete perspective on the past, present, and future of competitive swimming.



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