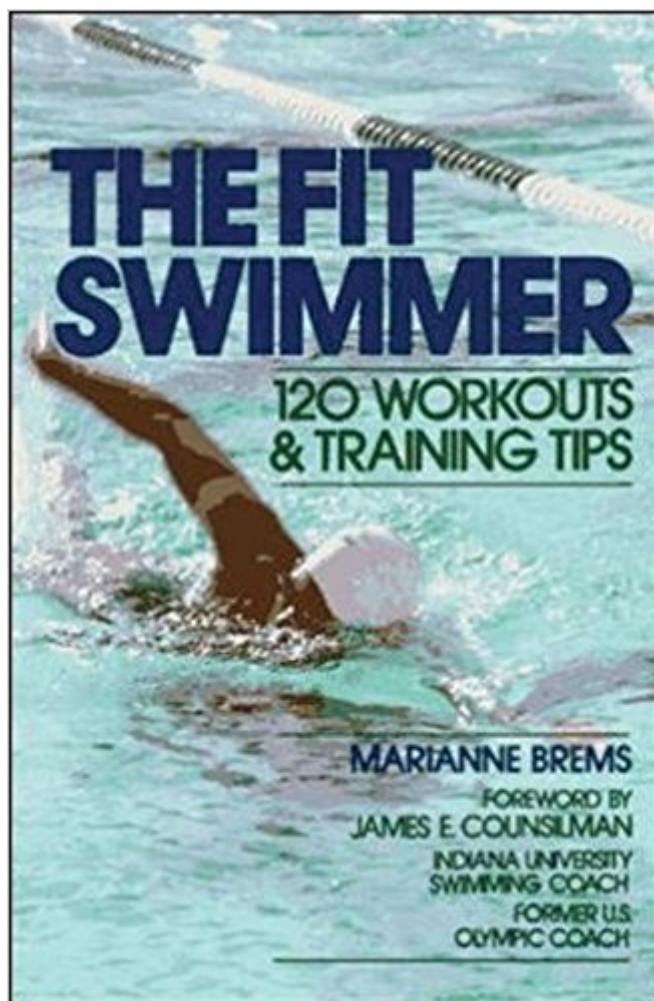


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# The Fit Swimmer: 120 Workouts & Training Tips



## Synopsis

This book puts an end to the drudgery of merely counting laps by showing you how to create your own individual fitness program--and have fun doing it! Learn how to: Determine your own fitness level Choose an appropriate training program and build upon that program with a variety of innovative workouts Use a timing clock and interval training to increase your speed and endurance Use various training equipment, such as kick boards, hand paddles, and swimming fins to strengthen stroke technique Improve your cardiovascular fitness, muscle tone, and flexibility Included for quick reference are tips for streamlining strokes, checklists for proper stroke execution, and a helpful glossary of training terms as well as a section on the joys and challenges of open water swimming. "I am constantly looking for new approaches which will do at least one of the following, and possibly all three: give me a change from normal routine make me a faster swimmer challenge me to work harder The Fit Swimmer addresses all these in an informative and entertaining way, making this book a valuable resource for all swimmers." -- James E. Counsilman Swimming Coach Indiana University Marianne Brems is a Masters swimmer, coach of the San Mateo Master Marlins, author of Swim for Fitness and 101 Favorite Workouts, and a regular columnist for Swim Swim magazine.

## Book Information

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## Customer Reviews

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as expected

Like many triathletes I had a bit of swimming in my background when I started racing, but certainly not enough to be competitive. I occasionally swam with organized groups but my consultant travel schedule made sure that was infrequent. I got a copy of *The Fit Swimmer*, read it cover to cover and made up about a dozen workouts from the suggested routines. The section on open water racing was particularly valuable. While training diligence was definitely part of it, this book was the #1 resource for me in competitively placing in events ranging from local races to National and Ironman distances. Ms. Brems meets 2 imperatives: she explains things simply and she gives you the tools you need to progress from a relative novice to a competitive swimmer. Like a craftsman and apprentice, she leaves it up to the reader to figure out how to best use the extensive toolset in the book. I found that creating about a dozen workouts on 3x5 cards from her suggested routines and rotating them did the trick (store them in a ziploc bag for use poolside). You can experiment with different routines to test how your body responds. I now coach people on an occasional basis, and strongly encourage each of them to read the book before we start.

This book is not a technique book. It won't teach you how to swim. If you're looking for that - look elsewhere. On the opposite extreme, it is not a book for the elite competitive swimmer. It's purpose is not to shave a few tenths of a second from someones already elite times. This is a very good collection of swimming workouts for all levels of fitness swimmers. The book is divided into various levels and utilizes all the strokes. The author also incorporates all the swimming toys (fins, pull buoys, paddles, etc.) The workouts are very creative and enjoyable. I often take the book to the pool (in a nylon bag). This is one of the best workout books I've seen. I purchased it a few years ago and have used it constantly. Highly recommended A suggestion for future editions: get rid of the part of the book that is not about the workouts and then print the book in a water proof format.

This is a very useful book for setting up a swimming program on your own. It has lots of workouts for all levels of swimmers. I am training myself for an upcoming open water ocean swim (the book has two chapters just on open water training) I photocopied several pages with great work outs and put them in a plastic bag so I can have them pool side while working out. It is the next best thing to a coach. Don't bother with any other swimming books. Many other books are written for people who have been coached in swimming and know all the "jargon", this one explains what is necessary and keeps it simple.

Great workouts with stroke work. Some older information but great for the Master Swimmer practicing alone. Lots of options.

I am a senior citizen and just wanted a review of how to work up to swimming laps. Very useful information in this book. If wish to be a more serious swimmer, this book will help too.

Plain and simple - best book for any swim workout you need.

I am very happy with this book. I am a new swimmer with only basic knowledge and technique learned swimming lessons. This book gives simple, straight-forward advice that has allowed me to develop my endurance, strength, and form. The workouts are in a linear form, from beginning to advanced, which corresponded with my improvement. I will continue to use this book for the foreseeable future.

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