



Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series)

By Sheila Taormina

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In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers.

Now in *Swim Speed Strokes* Taormina shows swimmers and triathletes how they can swim with elite technique in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters.

Swim Speed Strokes goes deep into the fastest swimming technique for each stroke, breaking down the pull, kick, core movement, and timing of 13 elite swimmers and Olympians including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis.

Taormina interviews each athlete and analyzes underwater photos and race stroke data to break down their technique in butterfly, backstroke, breaststroke, and freestyle. From the catch through the curvilinear path and diagonal phase to the power-packed finish phase, Taormina explores the pull patterns to show how any swimmer can improve their own swimming.

As Taormina shows in *Swim Speed Strokes*, the fastest technique for all four swimming strokes is remarkably similar. One-stroke swimmers will find big improvements in practicing the others, refining their feel for the water, coordination, and stroke efficiency. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will show you how to

become the strongest swimmer you can be.

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Editorial Review

Review

"The best teachers in the world use various modalities to deliver information to their students. In this case, the prominent feature that makes *Swim Speed Strokes* special is the extraordinary still photos of today's world-class swimmers" "The photos are crystal clear, thorough, and presented from angles that reflect the superb knowledge-base of the author" "*Swim Speed Strokes* is the best current resource on the market. It will add to the coach's knowledge base, to the coach's internalized picture of what the strokes should look like, and it will add the exact same contribution to your athletes." • -- **American Swim Coaches Association**

"*Swim Speed Workouts* is the pool version of in-home workout videos. The cards can be used by beginning to experienced swimmers or triathletes training independently of a coach, or provide easy illustrations of drills and tubing exercises for coaches to share with their swimmers." • -- **USA Swimming's SPLASH magazine**

"Freestyle gone funky on you? Stuck in a rut where you can't seem to get faster? *Swim Speed Secrets* could be the cure for the freestyle blues. Master swimmers and coaches at every level can learn something from this book" "Both the book and [the *Swim Speed Workouts*] training program are outstanding." • -- **USMS Swimmer magazine**

"Four-time Olympian Sheila Taormina took the lessons she taught in her recent book *Swim Speed Secrets* and developed a 16-week workout plan in the new *Swim Speed Workouts*." -- **Triathlete magazine**

"Our testers, ranging from beginner to advanced swimmers, enthusiastically agreed that *Swim Speed Workouts* is a great pool-side companion. The water proof, step-by-step workouts come in a collection of individual cards and fit seamlessly into any training program." • -- **TriEdge.net**

"Sheila T. is just 5' 2" but she swims like she is 6' 2". We still use her as a model for our swimmers today on how to swim the strokes." • -- **Jack Bauerle, Team USA Olympic Swim Coach and Head Coach of the University of Georgia swim team**

"With Sheila's help, you can stop swimming for survival and start swimming like a pro." • -- **Laura Bennett, 2010 ITU #1-ranked swimmer, four-time ITU World Triathlon Championship medalist, Olympian, and two-time U.S. triathlon champion**

"Sheila Taormina's ideas on swimming have influenced me and my swim coaching more than anyone else. Her knowledge, experience, and enthusiasm are unmatched." • -- **Siri Lindley, ITU Triathlon World Champion and coach to triathlon world champions and Olympic medalists**

"Sheila possesses a great depth of knowledge and passion about swimming that she has often shared with me and many other athletes." • -- **Leanda Cave, ITU Triathlon World Champion and ITU Long-Distance Triathlon World Champion**

"As a lifelong coach, the four-time Olympian shares what she's learned with clarity and authority, explaining all of the small details that go into mastering freestyle." • -- **LAVA magazine**

"There is no one in our sport more accomplished in swimming than Sheila Taormina. She needs no introduction, and she now shares her breakout plan for the fastest freestyle with swimmers and triathletes who need help in that arena." • -- **Slowtwitch**

"Sheila Taormina may be the greatest athlete in the modern Olympic era. She's the only person I know who has made four Olympic teams in three different sports." • -- **Jim Richardson, Head Coach of the University of Michigan women's swim team**

From the Back Cover

SWIM BETTER AND FASTER IN ALL FOUR STROKES

In her best-selling book *Swim Speed Secrets*, 4-time Olympian and gold medalist Sheila Taormina revealed the freestyle swimming technique used by the world's fastest swimmers.

Now in *Swim Speed Strokes*, Taormina shows swimmers and triathletes how to swim their best in all four swimming strokes--butterfly, backstroke, breaststroke, and freestyle. Using crystal-clear photographs and her engaging, straightforward style, Coach Taormina explains the science behind power and speed in the water, explores the elements common to every stroke, and examines stroke technique in detail in individual stroke chapters.

Swim Speed Strokes features elite swimmers and Olympians, including Peter Vanderkaay, Rebecca Soni, Aaron Peirsol, Rowdy Gaines, Ashley Whitney, Vlad Morozov, Ariana Kukors, Andrew Gemmell, Laura Sogar, Nicolas Fink, Elizabeth Beisel, Doug Reynolds, and Melanie Margalis. Stunning over- and underwater photographs unveil the winning technique that has carried these athletes to the top of their sport. Whether you want to master every stroke or simply improve on your best one, *Swim Speed Strokes* will get you there and make you the strongest swimmer you can be.

"Sheila's book clearly unlocks the secrets." • --**Dara Torres, 12-time Olympic medalist**

"With Sheila's help, you can stop swimming for survival and start swimming like a pro." • --**Laura Bennett, Olympic triathletes and U.S. national champion**

SHEILA TAORMINA has competed in four Olympic games in three different sports--swimming, triathlon, and modern pentathlon. Her exceptional freestyle swimming technique helped her win a gold medal in the 1996 Olympics and the 2004 ITU Triathlon World Championship. Taormina has coached elite and age-group swimmers and triathletes for 15 years, and she conducts dozens of swim clinics around the world each year. She is the author of *Swim Speed Secrets* and *Swim Speed Workouts*.

About the Author

Sheila Taormina is a 4-time Olympian, gold medalist, triathlon world champion, and swimming coach. She is one of a handful of athletes who have competed in four Olympic games and the only woman in the world to have competed in three distinctly different sports--swimming, triathlon, and modern pentathlon. At the unswimmerlike height of just 5' 2", Taormina refined her exceptional freestyle swim technique to win a gold medal in the 1996 Olympics and the 2004 ITU triathlon world championship. For 15 years, Taormina has coached elite and age-group swimmers and triathletes to develop the strong underwater pull that propelled her to such athletic success in her racing career. Taormina conducts dozens of swim clinics around the world each year.

Rowdy Gaines set 10 world records between 1978-84 and won three gold medals at the 1984 Olympics. He is currently NBC's swimming commentator for the Olympics, alongside Dan Hicks, and is a masters swimming world-record holder.

Users Review

From reader reviews:

Tiara Garcia:

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Margaret Holt:

Now a day people that Living in the era where everything reachable by talk with the internet and the resources in it can be true or not call for people to be aware of each details they get. How a lot more to be smart in obtaining any information nowadays? Of course the solution is reading a book. Reading through a book can help individuals out of this uncertainty Information mainly this Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) book since this book offers you rich info and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you probably know this.

Ralph McClure:

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Oscar Jackson:

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