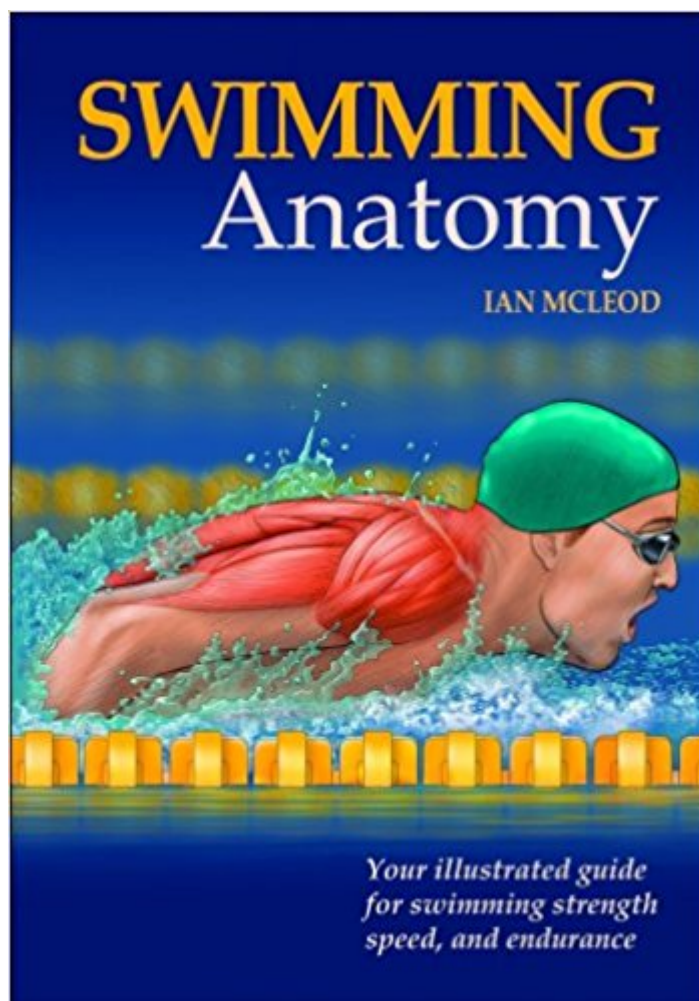


The book was found

Swimming Anatomy



Synopsis

See how to achieve stronger starts, more explosive turns, and faster times! *Swimming Anatomy* will show you how to improve your performance by increasing muscle strength and optimizing the efficiency of every stroke. *Swimming Anatomy* includes 74 of the most effective swimming exercises, each with step-by-step descriptions and full-color anatomical illustrations highlighting the primary muscles in action. *Swimming Anatomy* goes beyond exercises by placing you on the starting block, in the water, and into the throes of competition. Illustrations of the active muscles for starts, turns, and the four competitive strokes (freestyle, breaststroke, butterfly, and backstroke) show you how each exercise is fundamentally linked to swimming performance. You'll also learn how exercises can be modified to target specific areas, improve your form in the water, and minimize common swimming injuries. Best of all, you'll learn how to put it all together to develop a training program based on your individual needs and goals. Whether you are training for a 50-meter freestyle race or the open-water stage of a triathlon, *Swimming Anatomy* will ensure you enter the water prepared to achieve every performance goal.

Book Information

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Customer Reviews

"With full-color exercises and drills, *Swimming Anatomy* takes an inside look at the muscles you need to strengthen in order to swim your best. This is a must-have guide for every swimmer." Jason Lezak 2008 Olympic Bronze Medalist in 100-meter freestyle 2008 Olympic Gold Medalist (World Record) in 4 X 100 freestyle relay 2008 Olympic Gold Medalist (World Record) in 4 X 100 medley

relay "Ian McLeod, one of the most intelligent minds in swimming, demonstrates how to care for swimmers both in and out of the water, making *Swimming Anatomy* an essential resource for anyone involved in competitive swimming." Keenan Robinson Athletic Trainer for University of Michigan Swimming and Diving "Buy *Swimming Anatomy* and treat it as the authoritative liftoff into the world of aquatic strength and conditioning." *Swimming World* magazine

USA Swimming, the largest swimming organization in the world, specifically recommended Ian McLeod as the author of *Swimming Anatomy*. McLeod has extensive experience working with world-class athletes, particularly swimmers. A certified athletic trainer and certified massage therapist, he was a member of the U.S. team's medical staff at the 2008 Summer Olympic Games in Beijing. He has also worked extensively as an athletic trainer with the sports programs at the University of Virginia and Arizona State University. McLeod remains deeply involved with USA Swimming's High Performance Network, a group of volunteer health professionals who support U.S. swimmers at national and international meets. He has been given the organization's highest honor, the Gold Standard Award. McLeod also served as massage therapist to the Egyptian national swim team during the 2004 Olympic Games in Athens. He has provided athletic training and sport massage to swimming stars such as Ed Moses, Kaitlin Sandeno, Natalie Coughlin, and Jason Lezak. McLeod lives in Tempe, Arizona, with his wife and two children.

I readily recommend this book to anyone who is serious about incorporating a weight lifting regimen into their training to supplement their swimming workouts. The book not only gives you the weight training exercises, but includes alternative ways of doing the exercise if you do not have all the free weights or equipment available. What I like most about the book is that the descriptions of the various exercises includes illustrations how to do them, explains the exact muscles involved, and explains how the exercise benefits each stroke in detail.

I love the illustrations. This was the third or fourth book of it's kind that I purchased and just recently donated to a local library for others to enjoy and learn from.

This book is wonderful to understand how our muscles act to move our arms, legs, body....The graphics are indeed awesome and it becomes clear that Ian McLeod is someone with a deep knowledge about how to develop each single muscle in our body in a way to improve our capacity to swim better and faster. It is easy to read, simple to understand and so the question is: why not 5

stars? Simple because I could not find anywhere inside this book how to check if someone is unbalanced and which muscles to develop to correct that unbalance. It also doesn't have any set of common training sets with number of repetitions and charges to be used. Lack of answers for those two aspects make me think it is a book much more useful for coaches than for simple swimmers like me. Although it was fantastic to know a bit more of how our muscles are and act! A strong recommendation for those who like me do like to understand body mechanics!

I highly recommend this book for fitness and competitive swimmers. It is well laid out covering each part of the body and different strokes/start & turns. The "variation" for most dryland exercise allows you to use tubes, weights or physioball - going to a "gym" or expensive equipment is optional. This is a good book for the injury prone swimmer. The dryland exercises in the book will keep you swimming.

Good book

Very good book. I do suggest for more clarity to new swimmers/coaches
1 More guidance on how to build a weight program in tandem with swim program
2 More suggestions for sprint, mid distance and distance events.
In conclusion, a good reference but misses the mark on detail oriented program planning for those with world class ambitions.

This is a really helpful training tool to better understand how the body works in the pool and how to focus on specific muscles. It is also useful as a teaching tool to help students understand which muscles they are supposed to be using in different strokes. Recommended!

As a U.S. Master swimmer, I'm always looking for ways to improve my times. This book is awesome with the examples of dry land training to accompany your swim workouts. I even bought one for my favorite coach! It lists the exact muscles used for each stroke and suggestions for dry land training to strengthen those muscles and the opposing muscles for balance too. It is a must for all swimmers.

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SWIMMING: The Ultimate Guide to Mastering the Four Major Swimming Strokes
The Swimming Triangle: A Holistic Approach to Competitive Swimming

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