



# **Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes**

*Paul Newsome, Adam Young*

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## **Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes** Paul Newsome, Adam Young

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style.

The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you.

Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice.

Swim efficiently. Swim fast. Swim Smooth.

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