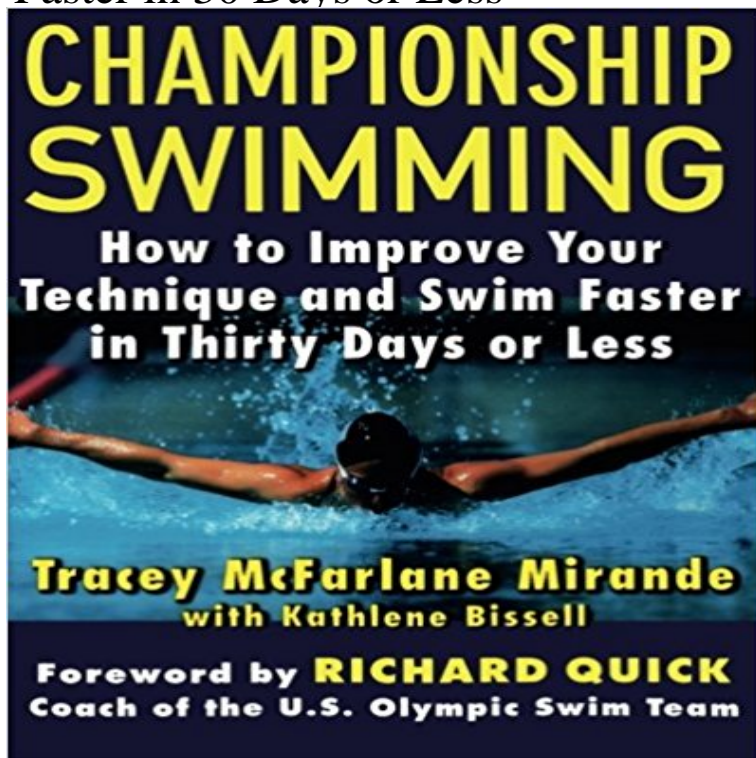


# Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less



From an Olympic medalist, a proven, step-by-step program for helping you swim your best Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, Championship Swimming brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best. With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features: Step-by-step drills for improved strokes and more enjoyable workouts Tips on how to eliminate drag Techniques for swimming more powerfully with less effort Dry-land exercises Easy-to-follow illustrations From intermediate to competitive swimming, Championship Swimming is sure to improve the quality of every swim, whether for leisure, exercise, or going for the gold.

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