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The Swim Smooth approach helps you identify the strengths and weaknesses of your stroke and provides drills 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.

Swim Smooth: The Complete Coaching System for Swimmers and ...

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The book contains Swim Smooth's complete coaching program, including: How to develop every aspect of your freestyle stroke technique and avoid common pitfalls while doing so. Swim Smooth's complete drill set to refer to with detailed descriptions and photos. An up-to-date understanding of what makes an efficient and fast freestyle stroke.

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it explains what makes a successful stroke and how to develop your own swimming style.

Swim Smooth : The Complete Coaching System for Swimmers ...

Each individual Swim Smooth Coach is an experienced and knowledgeable coach in their own right but in addition has studied and practised with Swim Smooth for over 12 months including special intensive training with myself at our home-base in Perth, Australia.

Find your certified Swim Smooth Coach

The Swim Smooth approach helps you identify the strengths and weaknesses of your stroke and provides drills 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.

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Buy Swim Smooth - The Complete Coaching System for ...

Got involved with the 'Swim Smooth' system in order to learn how to swim for a triathlon; previously could only swim 50m before getting very breathless. Swimsmooth system has worked wonders! Completed the 1.5km swim on race day in 36mins (first time ever in open water!) The book as part of a system of coaching (see swimsmooth.com).

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The Swim Smooth Guru makes training super-easy. A sophisticated virtual coach to help you discover, understand - and most importantly - apply all of our award-winning coaching, wherever you are. Now compatible with the Marlin. Find out more here

Swim Smooth Perth

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Swim Smooth - The Complete Coaching System for Swimmers ...

Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Paul Newsome, Adam Young No preview available - 2012. About the author (2012) Paul Newsome and Adam Young are highly experienced triathletes and open water swimmers who teach and coach thousands of people every year all around the world. They are coaching consultants to the ...

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(Paperback) Paul S. Newsome, Adam
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Inc, United States (2012)

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