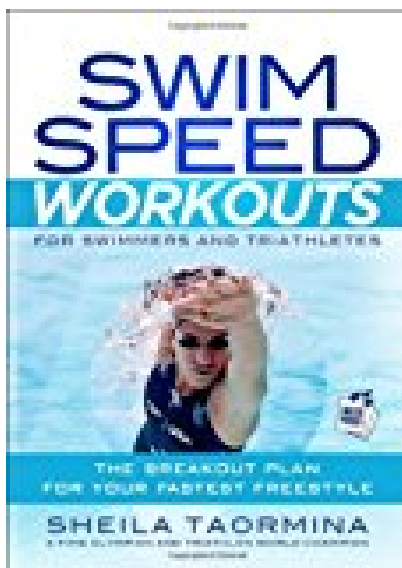


# Swim Speed Workouts for Swimmers and Triathletes The Breakout Plan for Your Fastest Freestyle Swim Speed Series

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## BOOK DETAILS

- Author : Sheila Taormina
- Pages : 92 Pages
- Publisher : VeloPress
- Language : English
- ISBN : 1937715019



## **BOOK SYNOPSIS**

Issued in a waterproof slipcase, this item contains a paperback book and 75 loose cards describing the tool kit, drills, tubing, and exercises to be used in the workouts.

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