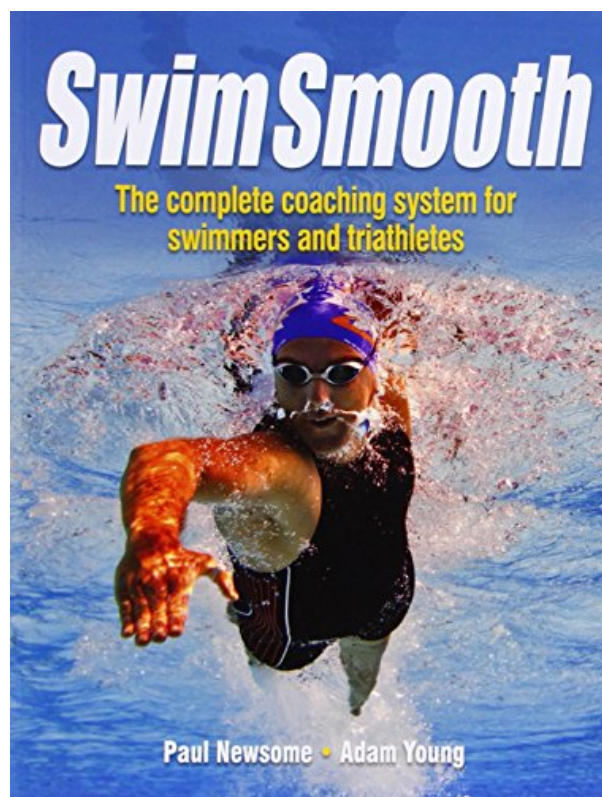
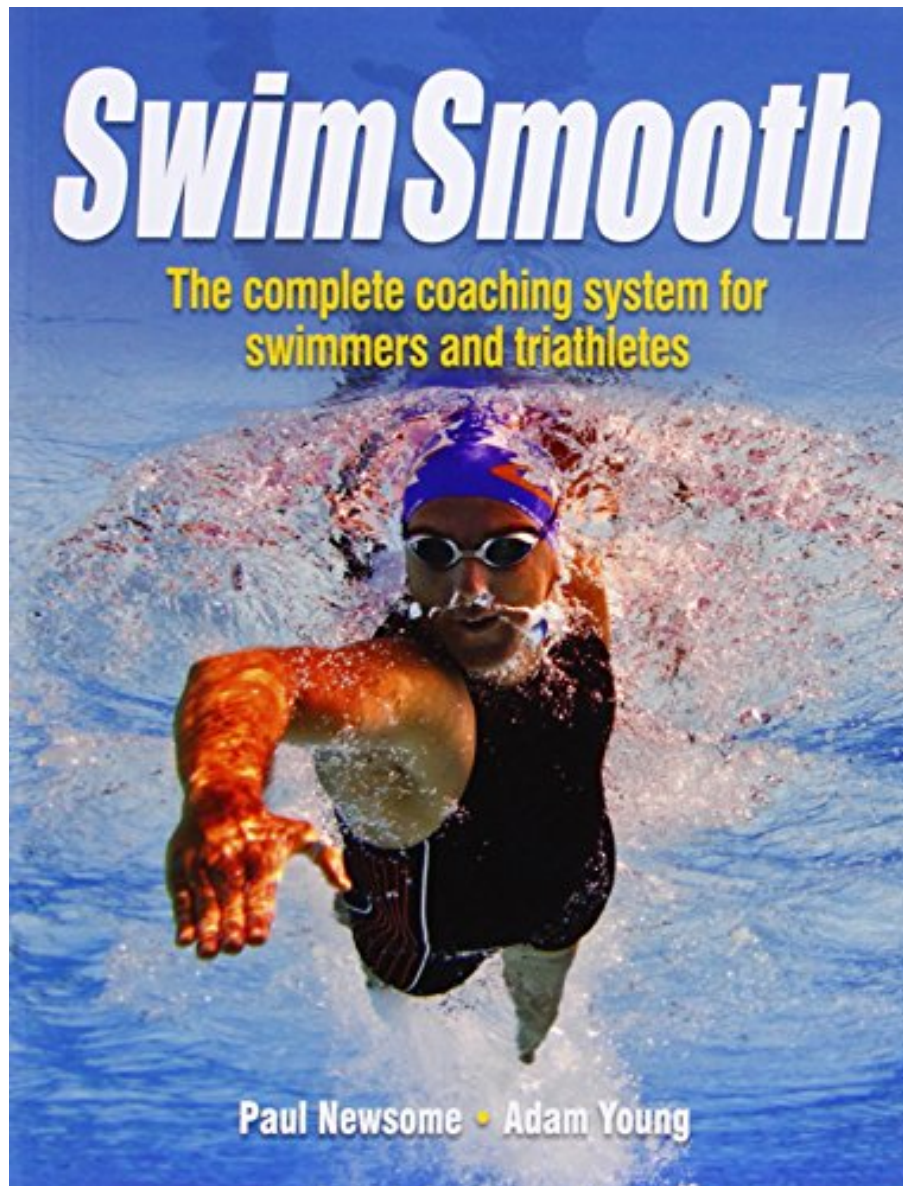


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## Review

'Pitched at the intermediate and above swimmer, as well as their coaches, the book is nothing if not comprehensive. SwimSmooth has always sought to make its training resources accessible and the book follows this easy approach. Language and tone is understated but its power is in its ability to communicate ideas with casual ease. It's an excellent compendium of work and sits well with SwimSmooth's website, DVDs and blogs.' H2Open MAGAZINE OCTOBER 2012

## From the Back Cover

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- Advice for intermediate, advanced and elite swimmers.
- Hundreds of photos make learning easy.
- Improve your swimming speed, success and enjoyment.

## About the Author

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 British Triathlon Federation and via their Swim Smooth organization they have literally re-written the entire swim

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Superb **Swim Smooth: The Complete Coaching System For Swimmers And Triathletes By Paul Newsome, Adam Young** book is consistently being the best good friend for spending little time in your office, night time, bus, and also all over. It will be an excellent way to just look, open, as well as check out the book *Swim Smooth: The Complete Coaching System For Swimmers And Triathletes By Paul Newsome, Adam Young* while in that time. As understood, experience as well as skill do not always featured the much cash to obtain them. Reading this publication with the title *Swim Smooth: The Complete Coaching System For Swimmers And Triathletes By Paul Newsome, Adam Young* will allow you know a lot more things.

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- Binding: Paperback
- 332 pages

## Features

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#### Most helpful customer reviews

16 of 16 people found the following review helpful.

Ahead of the game

By David Kaufman

This book is very easy to understand, well written and on the cutting edge of swimming. I have read many books on the subject of swimming and most try to get you to swim in one particular way. This is the first book that I have seen that encourages you to swim in the fashion that works best for you depending on a few factors such as body type, the particular distance that you are doing, and whether you are swimming in a pool or open water.

I could not put it down and I think that it will be a best seller among swimmers, triathletes and their coaches. It is a must read! But the best part was that I was able to get it instantly for \$9.99 on my kindle instead of pre-ordering for \$19.37.

One thing that should be edited is that on the kindle edition it is hard to read some of the captions on one or two pages.

8 of 8 people found the following review helpful.

Best modern freestyle swim book

By ynot

I am a recreational swimmer who tried to relearn to swim better back in 1998 from Terry Laughlin's book. I have never been on a swim team to get good coaching advice.

I have recently looked at a few new and old how-to-swim books. The newer advice is quite different from the older books which encouraged habits that can easily lead to shoulder injuries.

1)

A new book "Swim Smooth" has the most modern advice of all, along with a fine web site [swimsmooth.com](http://swimsmooth.com) with a super free app you can download and watch from any angle and at very slow speed (esp from underneath to see the difference from the old S-shape recommended arm movement for the crawl). Looking through this book a few days ago already has led to a major revision of my freestyle.

You can get the essential info from this fun book by just looking at the numerous pictures and reading the captions.

My self-taught freestyle stroke has several major flaws, eg. I should not angle my hand sideways on entry which can injure the shoulder and I should not cross the center line on arm extension or pushback (some old books show the arm crossing horizontally under the body) which loses propulsion and leads to being off balance. The entry angle should be at a steep approx 45 degree angle and the hand should tip down for the catch right after full extension (instead of gliding more). And forget about a sideways scull and S-shape arm movement (update: I have added back a partial S movement which seems to flow better with increased speeds if you use fins, plus Olympic swimmers do that too).

Anyway, the book "Swim Smooth" and web site (with the downloaded MrSmooth app) is my top choice for a relearn-to-swim-freestyle book for amateurs who have no coach.

2)

Next in line is the excellent second edition of "Fitness Swimming", pages 1-69, page 86, and pages 119-120 (the rest is workout schedules). This book has by far the best compact explanation of the theory and guidelines for the modern injury-free freestyle . It finally explained to me exactly how to accomplish the 2-beat kick as well as the unfathomable (from other books) 6-beat kick.

3)

Then there's the other modern swim book that I re-learned to swim from in 1998. Too bad in that book (or even his latest one) there is no good description of the arc the hand travels (ie. S-shape or not) or fundamental principles like the hand must always be inside the elbow distance (otherwise .. injury) and the similar dangers of angling the hand on entry, or of the merits of a steeper hand entry (but see his DVD below). Terry Laughlin's books (latest best all-stroke intro is called "Extraordinary Swimming for every body") have been adopted widely and I still would recommend this book as one of the several must-have's for someone still learning to swim better. If I was teaching someone to swim from ground zero, I would use the exercises to lead up to the crawl in that book's freestyle chapter (which are easier to see/appreciate in the bigger format "Total Immersion Pool Primer", basically drills in balance and body rotation) or in Terry's DVD "Perpetual Motion Freestyle in 10 Lessons", which teaches how to swim by progressive enhancement of fundamental balance and propulsion skills. The graduated drills are clearly demonstrated and the progression to developing the complete stroke and 2-beat flick kick is logical.

4)

"Learn to Swim in a Weekend" is a super compact (90 pages), all-picture guide to the major strokes plus turning and diving, about 8 easy to look at pages per stroke type. This is a fun book to look through and the pictures are superb in showing the essentials of each stroke.

So those are the 4 most essential how-to-swim or how-to-relearn-to-swim-better books I've discovered.

Then there's the very old swimming book "Swimming: Steps to Success" which has some bad crawl advice (which was considered good advice in the 1960's), but includes a few non-major strokes such as the sidestroke and the Double Trudgen which I'll learn sometime to amaze folks - I mean, who really knows that stroke nowadays other than ocean lifeguards! The third edition of this book has not changed from the very old first edition, so do not expect modern swimming advice.

History: the first-ever "modern" swim book was "Complete Book of Swimming" by James Counsilman (1979) which authors since have liberally copied text from. This was "the" modern theory and how to swim book until the 1990's and has held up remarkably well, plus it's fun to see pictures of Mark Spitz's swim strokes.

5 of 5 people found the following review helpful.

Great book, great folks who wrote it, excellent help!

By AlexJouJou

Amazing book. It clearly identified so many issues I have with swimming after getting back in the water after 20 years. I'm training for a triathlon and swimming is my weak area so I need to work on it. I'll come back and update the review as I go further through it but I've already determined what type I am and all of it was dead bang on. I've used several of the exercises and it is definitely helping to increase confidence. They explain things so anyone can understand. The drills make sense and move you along well enough you don't



feel like you are taking everything soooooo sllllloooowwwwwllllyyy you are bored. The most frequently recommended book to me from other triathletes is the Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier but that seemed to want me to lengthen my stroke and I could not get the rhythm of breathing to work with such a longer stroke. I'm very short and petite and it just wasn't working. Also I read so many blogs and info that it took people YEARS to get comfortable and be a better swimmer with TI so the advice was don't give up. That's great but I'm just not that patient. I want to be able to build, see progress, and I want my swimming to be based on me and how it works best for me.

I bought the Easy Freestyle Swimming by Terry Laughlin but really struggled to get through it. It was so very very boring and I didn't feel like I was making any progress other than comfort in the water. I actually fell asleep watching it three times. I really wanted to love it because it comes so highly recommended...and I did take some advice away but I did not feel it was going (on my own) to really help me. I think with TI I need to find a clinic and a coach so I can do it in person. Perhaps it is much better that way.

I then bought the SwimSmooth DVD Boxset, Learn to Swim DVD, and Catch Masterclass - and the lights clicked on. I had already read the book and was doing many of the drills. Their verbal cue system just works for me. They show the wrong way to do the technique and give many pointers. I also liked, and this worked for me, that sometimes you do something as a reaction to something else. I was scissor kicking because my hands were going across my body on entry and below the water and it was the way I was trying to balance. Once I read/watched that I immediately was able to work on fixing it. Not the kick - the stroke and follow through - which fixed the kick no problem.

Of the two programs (TI or this one) I strongly prefer this one because the idea we are all unique and not one stroke or way to swim will fit everyone just "fits" me. 5 very strong stars. If you have to buy one book on swimming and you are working towards any sort of competition or you want to learn strongly (vs. just getting a workout - I was doing that but still gasping after 50 meters!) I recommend Swim Smooth.

They have a great website and when I had a question about something I wanted to order they emailed right back and were very encouraging. It felt personal. I feel like I can do it. In SS terms I'm a bambino and I'm following many drills and my swimming has improved by leaps and bounds and I'm looking to continue that pathway.

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