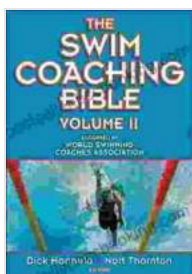


# The Swim Coaching Bible Volume II: The Comprehensive Guide to Developing World-Class Swimmers

The Swim Coaching Bible Volume II is the most comprehensive guide to developing world-class swimmers. It covers everything from training plans and workouts to nutrition and recovery. This book is a must-have for any swim coach or swimmer looking to improve their performance.

## Training Plans and Workouts

The Swim Coaching Bible Volume II provides a variety of training plans and workouts for swimmers of all levels. The plans are designed to help swimmers improve their endurance, speed, and power. The workouts are progressive and challenging, and they are designed to help swimmers reach their full potential.



## The Swim Coaching Bible Volume II by Dick Hannula

★★★★☆ 4.8 out of 5

Language	: English
File size	: 5177 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 355 pages
Lending	: Enabled



## Nutrition and Recovery

Nutrition and recovery are essential for swimmers who want to perform at their best. The Swim Coaching Bible Volume II provides detailed information on what to eat and how to recover properly. The book also includes recipes for healthy meals and snacks.

## **Other Topics**

In addition to training plans, workouts, nutrition, and recovery, the Swim Coaching Bible Volume II also covers a variety of other topics, including:

\* Motivation \* Psychology \* Technique \* Equipment \* Safety

The Swim Coaching Bible Volume II is the most comprehensive guide to developing world-class swimmers. It is a must-have for any swim coach or swimmer looking to improve their performance.

## **About the Author**

The Swim Coaching Bible Volume II was written by Gary Hall Sr., a world-renowned swim coach. Hall has coached some of the world's best swimmers, including Michael Phelps, Mark Spitz, and Janet Evans. He is also the author of several other books on swimming, including The Swim Coaching Bible and The Swim Coaching Bible for Parents.

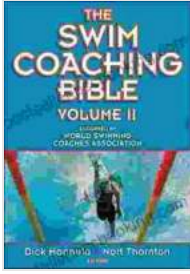
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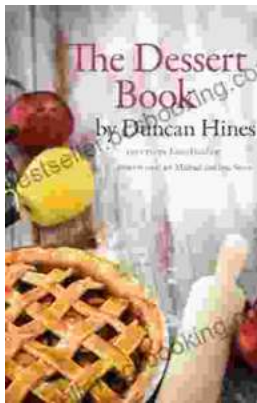
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