



Advanced Workouts for Master Swimmers (Paperback)

By Sarah Patricia Condor-Fisher

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is volume four of the series entitled Condor for Swimmers. While the first volume Swimming Workouts for Master Swimmers offers the master athlete a basic collection of workouts with some technical and planning tips, this volume is a detailed series of workouts arranged in a microcycle-mesocycle sequence. Thus, it can be used in preparation for a meet or in annual and quarterly planning for the team. The author strongly recommends that this book be used in conjunction with vol. 2 Advanced Swimming and vol. 3 Coach s Compendium of the Condor for Swimmers series. Athletes are also encouraged to purchase vol. 5, My Training Log and trace, date, and plan their progress.



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