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SHAPE UP! (PAPERBACK)



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2009. Paperback. Condition: New. Language: English . Brand New Book. This is the second book in the series that contains 100 conditioning workouts that focus on building swimming capacity, with specific workouts for each of the competitive swimming strokes, and overall endurance. The workouts in this book use interval training, speed play, and stroke contrasting sets that total up to 3,500 yards/meters. Each workout is accompanied by a Tip of the Day to...

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- Authored by Blythe Lucero
- Released at 2009

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