



## Swimming Coach s Compendium

By Sarah Patricia Condor-Fisher

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Part 2 of the series CONDOR FOR SWIMMERS. This book is a brief no-nonsense compendium for coaches at all levels, professional, college, high-school to masters, who would like to know more about periodization, workout planning and writing, systems used in workout planning, how to prepare the athletes for the meet and how to test them during and off season.



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