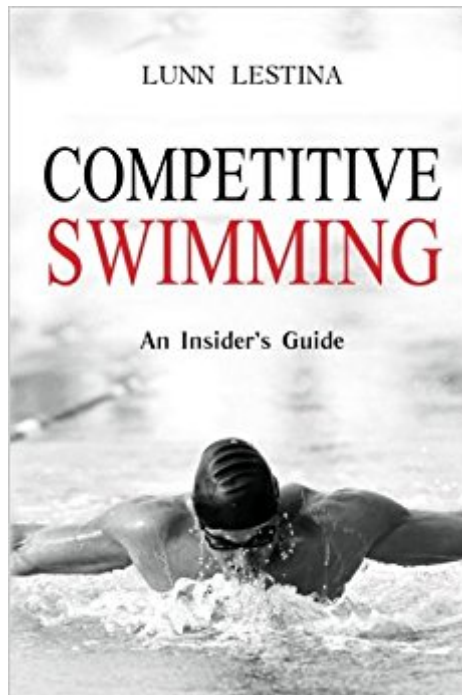




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# **Competitive Swimming: An Insider's Guide**



## Synopsis

A retired world class swimmer gives you an insider's secrets on competitive swimming. Tips and techniques for better starts and turns Detailed explanations of optimal form for all strokes and how to achieve it Find your hidden strengths based on your body type and features Race day nutrition, warm up, and general preparation How to get goggles that fit perfectly and don't fall off or leak Compensating for different pool sizes, types and temperatures Preventing ailments, from swimmer's ear to tendonitis These tips and many more will help you to swim faster, better, and more effectively. Improve your form, avoid injuries, and shave seconds off your times.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #611,633 in Books (See Top 100 in Books) #143 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1534 in Books > Sports & Outdoors > Water Sports

## Customer Reviews

Lunn Lestina is a former world and nationally ranked competitive swimmer. He attended Stanford University on a swimming scholarship, where he and his teammates won the NCAA division I championships for three years in a row, and the PAC 10 championships four times. Before picking Stanford, he had been aggressively recruited by other universities with top-tier swimming programs, including University of Texas, University of Florida, and UCLA. He specialized in distance freestyle swimming, but participated in and set records in a full range of swimming events as he came up through the ranks of local and club swim meets to reach the NCAA levels. He set multiple local and national records, and is still on the USA Swimming's top 100 list of the all time fastest swimmers.

I can't believe this book isn't more widely known! This is the real deal, specific info on competitive

swimming that could only come from a top level swimmer. The stroke mechanics section was an extra plus--I didn't think I'd be interested but it was fascinating. I hope the author writes a couple more of these--how about one on the realities of D1 swimming at a top school? Give those starry eyed kids a little dose of reality!

As a beginner to competitive swimming, I was searching for a detailed book about competitive swimming. I found this book and found that it was more than what I was looking for. The story of Lunn Lestina was very encouraging. There are also a lot of helpful tips that a beginner (or any swimmer) might not be aware of that could be helpful. I really enjoyed reading this book and hearing the story, helpful tips and becoming more educated on competitive swimming.

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