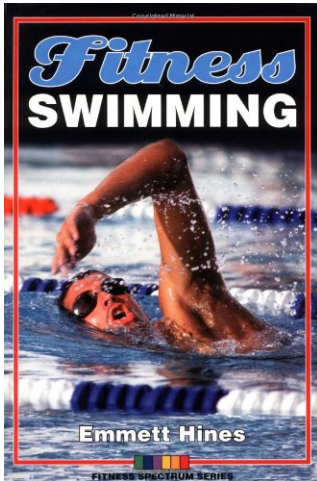


# [PDF] Fitness Swimming (Fitness Spectrum Series)

Emmett Hines - pdf download free book

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#### Books Details:

Title: Fitness Swimming (Fitness Spe  
Author: Emmett Hines  
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#### Description:

**Review** "Finally, someone has written a book about swimming that makes sense. Emmett's ability to explain swimming concepts in an understandable way is unparalleled. This book will open up the eyes of any fitness swimmer, from novice to ex-Olympian." Troy DalbeyHead Masters Coach, The Phoenix Swim ClubDouble Gold Medalist, 1988 OlympicsFormer World Record Holder Fitness Swimming "is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers." Phillip Whitten, PhDEditor-in-Chief, "Swimming World" and "SWIM"Author, "The Complete Book of Swimming" "A must read for any self-coached swimmer. The discussions of cardiovascular fitness and stroke technique

combined with Coach Hines' rainbow' of workouts will almost guarantee improvement in swimming efficiency and fitness." Mo Chambers Head Coach, Mountain View Masters United States Masters Swimming Coach of the Year (1996) "Coach Emmett Hines has created an invaluable tool for improvement-minded swimmers." Fitness Swimming "is the first book I have seen that perfectly complements the" Total Immersion "book and method by providing sensible and friendly guidance on how to build fitness and stroke efficiency in a seamless combination." Terry Laughlin Director, Total Immersion Swimming Author, "Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier"

## Review

*"Finally, someone has written a book about swimming that makes sense. Emmett's ability to explain swimming concepts in an understandable way is unparalleled. This book will open up the eyes of any fitness swimmer, from novice to ex-Olympian."*

Troy Dalbey  
Head Masters Coach, The Phoenix Swim Club  
Double Gold Medalist, 1988 Olympics  
Former World Record Holder

*"Fitness Swimming is filled with sound, practical advice on how to swim faster and easier and is informed by Emmett Hines' elegant writing and wonderful, down-home sense of humor. A must read for serious masters and fitness swimmers."*

Phillip Whitten, PhD  
Editor-in-Chief, *Swimming World* and *SWIM*  
Author, *The Complete Book of Swimming*

*"A must read for any self-coached swimmer. The discussions of cardiovascular fitness and stroke technique combined with Coach Hines' 'rainbow' of workouts will almost guarantee improvement in swimming efficiency and fitness."*

Mo Chambers  
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*"Coach Emmett Hines has created an invaluable tool for improvement-minded swimmers. Fitness Swimming is the first book I have seen that perfectly complements the Total Immersion book and method by providing sensible and friendly guidance on how to build fitness and stroke efficiency in a seamless combination."*

Terry Laughlin  
Director, Total Immersion Swimming  
Author, *Total Immersion: The Revolutionary Way to Swim Better, Faster, and Easier*

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Using a swimming fitness tracker will remove the guessing game that comes with eye-balling those old school pace clocks, and give you accurate results that will keep you honest. As wearables continue to become more and more popular, this trend has extended itself to the water, with several of the large wearable manufacturers, including Garmin and Apple, launching their own versions of the swim watch. Below is a breakdown of the waterproof fitness trackers that I have tried, which are best for serious competitive swimmers, and which are best for the more recreational swimmer. Last update: This guide was last updated in September 2020 to reflect changes and updates to the latest fitness trackers we've had a chance to check-out.

1. FORM Swim Goggles. Each book is packed with easy-to-use This special package intended for the library market contains five titles from Human Kinetics' Fitness Spectrum series: Fitness Running, Fitness Cycling, Fitness Swimming, Fitness Walking, and Fitness Weight Training. For everyone looking to add structure and variety to their workouts the Fitness Spectrum Series is just what they need. Each book is packed with easy-to-use workouts that will add variety and produce results. Expert authors provide guidelines and multiple sample programs to help people of all levels, ages, interests, and abilities develop their Fitness Swimming by Emmett W. Hines (Paperback, 1998). Be the first to write a review. About this product. 16 Colour Illustrations, 32 Colour Illustrations. Series. Fitness Spectrum S. Author Biography. Emmett Hines is one of only nine coaches to hold the Level 5 Masters Certification-the American Swim Coaches Association's highest adult coaching certification. Spectrum Fitness is home to the IFBB Pro League/NPC Governors Cup, Northern California Championships, Battle In the Desert, Portland Classic, Golden State Championships, San Antonio Classic and Sacramento Championships. Bikini, Bodybuilding, Classic Physique, Figure, Fitness, Mens Physique, Wellness and Womens Physique

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