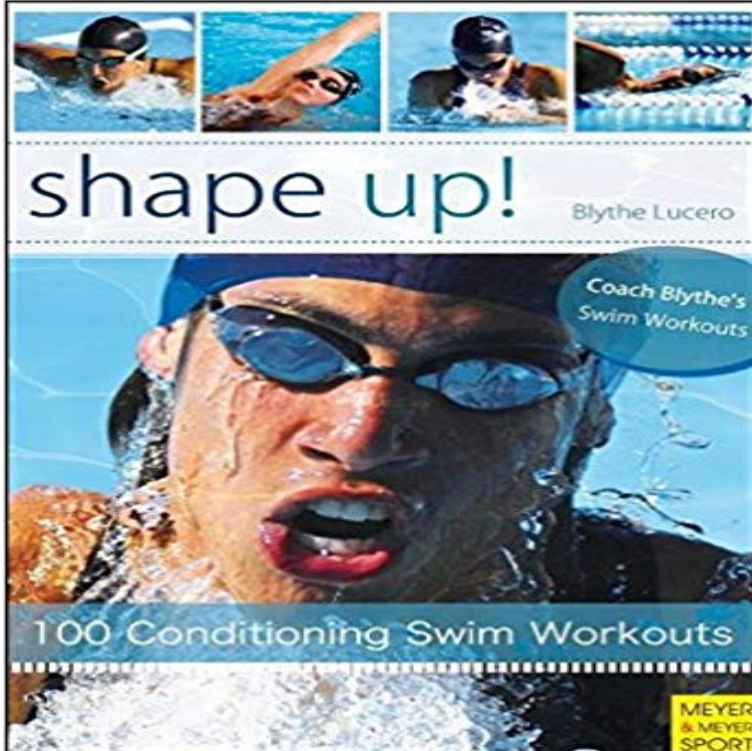


Shape Up!: 100 Conditioning Swim Workouts



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 help swimmers get the most benefit out of their conditioning routine through heart rate monitoring, stroke versatility and improved strength. Coach Blythes Swim Workouts are appropriate for the self-coached swimmer and triathletes, as well as for coaches looking for workout content for the athletes they train. The presentation of the workouts in this book series is clear and comprehensive. Photos and diagrams are included to assist with training goals. Each book begins with a motivational introduction, and contains sections on planning an on-going swimming routine, and goal setting.

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