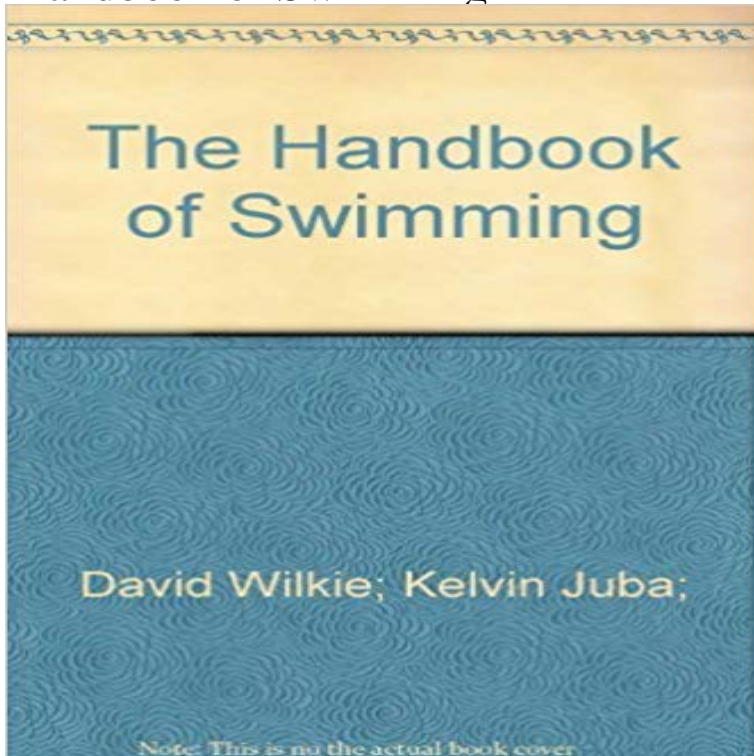


# Handbook of Swimming



A history of the sport including channel swimming and the start of competitive races. It discusses equipment and basic and advanced scientific principles in floating, drag, etc. There is a chapter on learning and each stroke is given comprehensive treatment. For competitive swimmers there are tips throughout as well as chapters on starts and turns, training for swimming, land conditioning, diet, etc. The book concludes with a detailed appendix of world, Olympic and Commonwealth records.

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