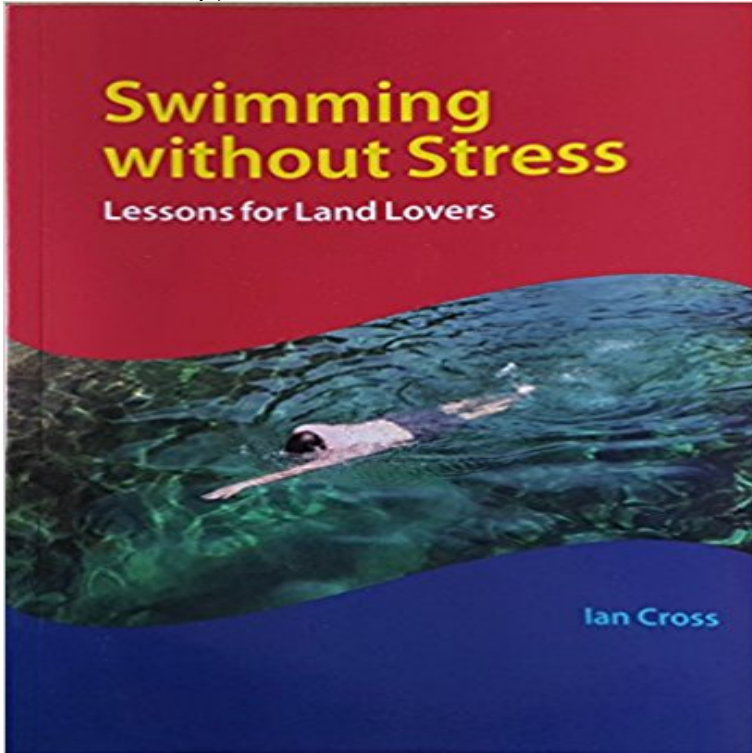


## Swimming without Stress: Lessons for Land Lovers



Swimming without Stress: Lessons for Land Lovers is swimming teacher Ian Cross's essential guide for novice swimmers, improvers and aspiring triathletes. Part One: Swimming Fundamentals for Land Lovers shows you how to make friends with the water and move easily on your front and back. The three main strokes, front crawl, breaststroke and backstroke, are described from the viewpoint of the Alexander Technique. Part Two: Train without Strain inspires confidence, motivates and prepares you for swimming and triathlon training. This series of thirteen articles was first published in British Runner magazine in 2004. Something of a low-key evangelist, Ian is dedicated to introducing the masses to the pleasures of recreational swimming. Using touchstones gleaned from his experience of teaching the Alexander Technique, he coaxes and gently encourages, helping the non-swimmer and swimmer to feel more at home in the water. Pete Chapman, *The Independent* Its short and easy to read without any unnecessary fluff, and great for building your confidence and feeling comfortable in the water. *220 Triathlon magazine* It is full of reminders about letting go, allowing the water to support you, not being obsessed with your times, and allowing the air to come in on its own. *STAT (Society of Teachers of the Alexander Technique) News*

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