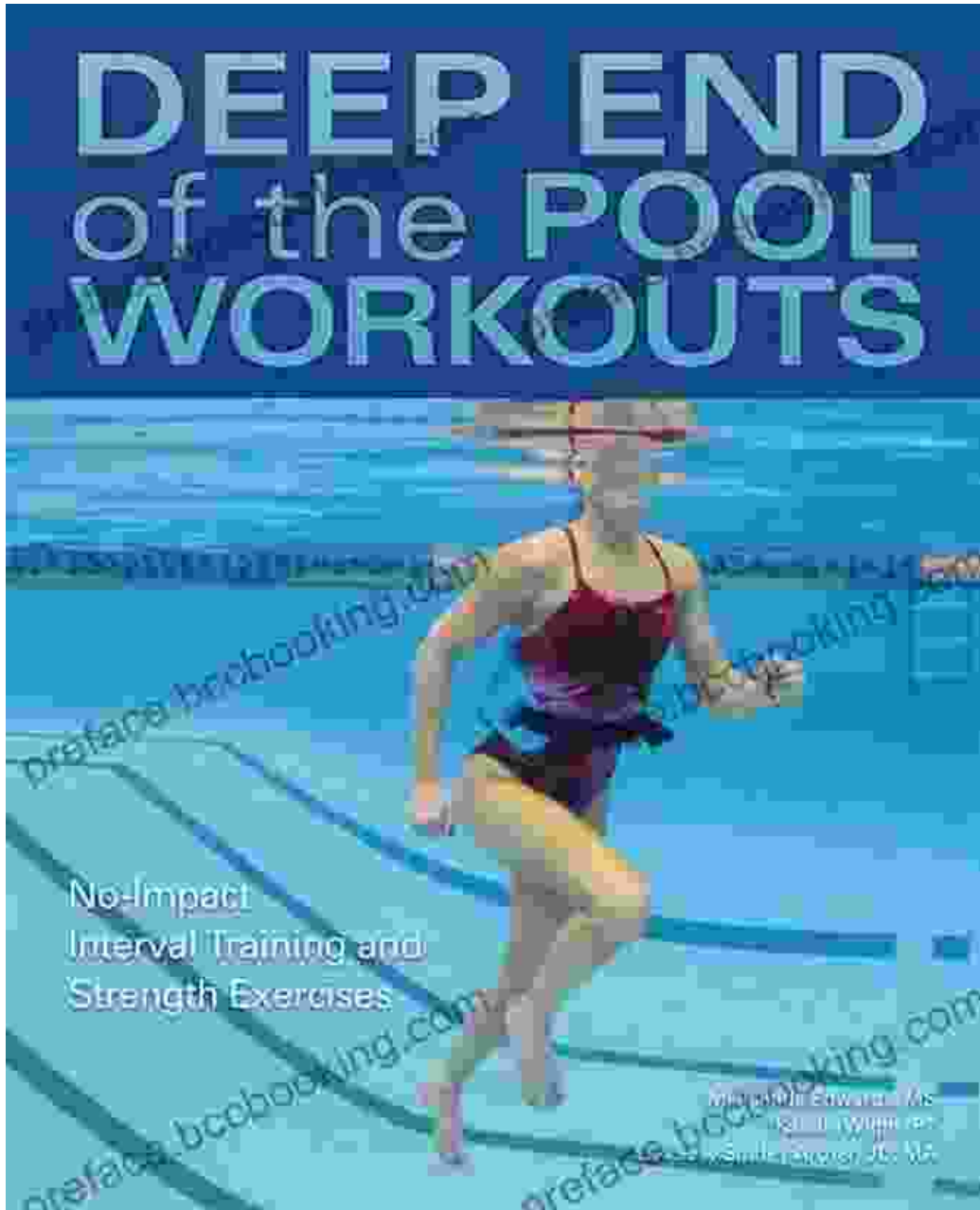


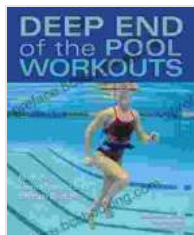
Deep End of the Pool Workouts: The Ultimate Guide to Swimming Fitness



By Sam Yankelevitz

Deep End of the Pool Workouts is the ultimate guide to swimming fitness. This book provides readers with a 12-week training program that is

designed to help them improve their swimming skills and endurance. The program includes a variety of workouts that are designed to target all aspects of swimming, including freestyle, backstroke, breaststroke, and butterfly.



Deep End of the Pool Workouts: No-Impact Interval Training and Strength Exercises

by Melisenda Edwards

★ ★ ★ ★ ☆ 4.2 out of 5

Language : English
File size : 28064 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 133 pages



Whether you're a beginner swimmer looking to improve your technique or an experienced swimmer looking to take your fitness to the next level, *Deep End of the Pool Workouts* has something for you. The book includes detailed instructions for each workout, as well as tips and advice from expert swimmers.

With *Deep End of the Pool Workouts*, you'll learn how to:

- Improve your swimming technique
- Increase your endurance
- Swim faster and more efficiently
- Prevent injuries

- And much more!

If you're ready to take your swimming to the next level, then *Deep End of the Pool Workouts* is the book for you.

Buy now

About the Author

Sam Yankelevitz is a renowned swimming coach and author. He has coached swimmers of all ages and abilities, from beginners to Olympians. Sam is also the founder of the Deep End Swimming Academy, which provides swimming lessons and training programs to swimmers of all levels.

Reviews

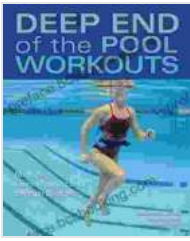
"*Deep End of the Pool Workouts* is the most comprehensive swimming training book I've ever read. Sam Yankelevitz provides detailed instructions for each workout, as well as tips and advice from expert swimmers. I highly recommend this book to swimmers of all levels." - **Michael Phelps,**

Olympic swimmer

"Sam Yankelevitz has written the ultimate guide to swimming fitness. *Deep End of the Pool Workouts* is packed with valuable information for swimmers of all levels. I highly recommend this book to anyone who wants to improve their swimming skills and endurance." - **Katie Ledecky, Olympic swimmer**

"*Deep End of the Pool Workouts* is a must-read for any swimmer who wants to take their fitness to the next level. Sam Yankelevitz provides a wealth of knowledge and expertise in this book. I highly recommend it." -

Ryan Lochte, Olympic swimmer



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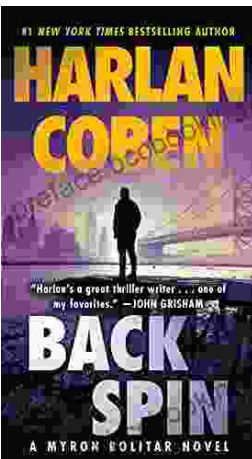
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