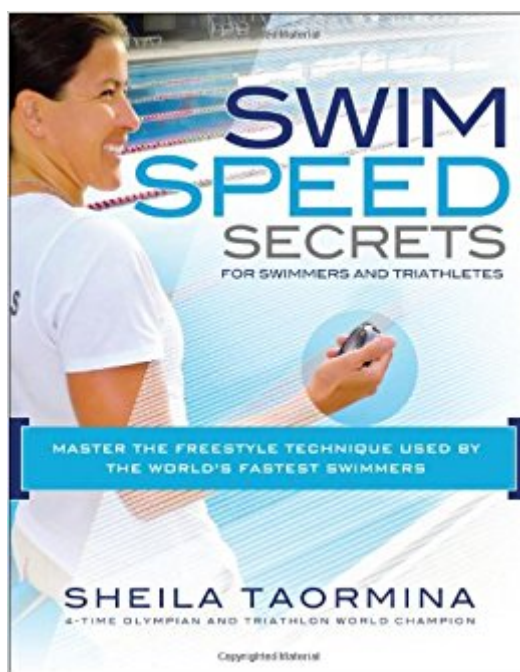


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# Swim Speed Secrets For Swimmers And Triathletes: Master The Freestyle Technique Used By The World's Fastest Swimmers (Swim Speed Series)



## Synopsis

In *Swim Speed Secrets*, 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Over the course of 4 Olympic Games and throughout her career as a world champion triathlete, Taormina refined her exceptional technique as a student of the sport, studying the world's best swimmers using underwater photographs and video analysis. From Johnny Weissmuller to Michael Phelps, the world's fastest swimmers share two common elements: high stroke rate and a high-elbow underwater pull. Many swimmers and triathletes neglect the underwater pull, distracted by stroke count or perfecting less critical details like body position, streamlining, and roll. *Swim Speed Secrets* focuses on producing power—the most crucial element of swimming—to help triathletes and swimmers overhaul their swim stroke and find the speed that's been eluding them. With a commonsense approach that comes from decades of practice and years of hands-on coaching experience, Taormina shows swimmers how to transition to faster swimming. *Swim Speed Secrets* includes:

- The best drills to cultivate a more sensitive feel for the water
- Dryland and strength building exercises to develop arm position and upper body musculature
- Crisp photos of Olympic swimmers and variations in their high-elbow underwater pull
- Clear descriptions of the key moments of the underwater pull
- Tips that helped her perform at a world-class level for two decades

Sheila Taormina's *Swim Speed Secrets* brings the focus back where it belongs—to a powerful underwater stroke. With this approach, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

## Book Information

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## Customer Reviews

"The concept of 'holding' water and generating propulsion is fundamental to swimming performance, and Sheila's book clearly unlocks the secrets of this through words and vivid underwater photos. It is what every top swimmer trains and searches for each day at practice, and it is what allowed me to win Olympic medals as a teenager and into my 40s." -- Dara Torres, 12-time Olympic medalist

"Freestyle gone funky on you? Stuck in a rut where you can't seem to get faster? Swim Speed Secrets could be the cure for the freestyle blues. Master swimmers and coaches at every level can learn something from this book" -- Both the book and [the Swim Speed Workouts] training program are outstanding." -- USMS Swimmer magazine

"In her book, Sheila Taormina gives a great understanding of the art of high performance swimming. With her help, you can stop swimming for survival and start swimming like a pro." -- Laura Bennett, 2010 ITU #1-ranked swimmer, four-time ITU World Triathlon Championship medalist, Olympian, and two-time U.S. triathlon champion

"Sheila Taormina's ideas on swimming have influenced me and my swim coaching more than anyone else. Her knowledge, experience, and enthusiasm are unmatched. Her book is the best resource out there to help all different types of athletes improve their swim." -- Siri Lindley, ITU Triathlon World Champion and coach to triathlon world champions and Olympic medalists

"Sheila's book Swim Speed Secrets is the best swim manual--PERIOD!" -- Ashley Whitney, Olympic gold medalist

"Sheila T. is just 5' 2" but she swims like she is 6' 2". We still use her as a model for our swimmers today on how to swim the strokes." -- Jack Bauerle, Team USA Olympic Swim Coach and Head Coach of the University of Georgia swim team

"[Swim Speed Secrets] is a ripper! [It was] great to get a no-b.s. perspective on swimming from a champion." -- Chris McCormack, 2-time Ironman <sup>®</sup> World Champion

"Taormina's Swim Speed Secrets is a compendium and reference, a tool box no triathlon swimmer can afford to ignore" -- Taormina has seen thousands of open-water and competitive swimmers of all levels...The insights and lessons provided in Swim Speed Secrets are the distillation of those decades of experience, thousands of hours of coaching and training and thousands of competitions in only 174 pages"

"[This book is a more effective training aid than paddles, a kickboard and even a swimming pool. Swim Speed Secrets is your most important swim tool." -- TriSports.com

"Sheila possesses a great depth of knowledge and passion about swimming that she has often shared with me and many

other athletes. Her new book will be a very useful tool to anyone who wants to improve their performance in the water." -- Leanda Cave, ITU Triathlon World Champion and ITU Long-Distance Triathlon World Champion "As a lifelong coach, the four-time Olympian shares what she's learned with clarity and authority, explaining all of the small details that go into mastering freestyle." -- LAVA magazine "Sheila Taormina may be the greatest athlete in the modern Olympic era. She's the only person I know who has made four Olympic teams in three different sports." -- Jim Richardson, Head Coach of the University of Michigan women's swim team "While I've spent the last few years training under a fantastic coach, there were still some key elements that didn't 'click' until I read [Swim Speed Secrets]. Having been on a plateau for some time, my swim has improved immensely within a few weeks." -- TriEdge.net

**SPORTS/SWIMMING** Unlock the secret to faster swimming! In "Swim Speed Secrets," 4-time Olympian, gold medalist, and triathlon world champion Sheila Taormina reveals the swim technique used by the world's fastest swimmers. Too many swimmers and triathletes neglect the key to speed, distracted by stroke count or perfecting body position or streamlining. Taormina uses simple science and crystal-clear underwater photos of top Olympic athletes, from Johnny Weissmuller to Peter Vanderkaay, to show how the high-elbow underwater pull is the most crucial technique for faster swimming. With a well-honed, commonsense approach that comes from decades of practice and 15 years of hands-on coaching experience, Taormina's "Swim Speed Secrets" gives triathletes and swimmers the power to overhaul their swim stroke and find the speed that's eluded them. "Swim Speed Secrets," an expanded version of Taormina's ground-breaking book "Call the Suit" includes:

- The best drills to cultivate a more sensitive feel for the water
- Dry-land and strength-building exercises to develop arm position and upper body musculature
- Striking photos of Olympic swimmers in their high-elbow underwater pull
- Clear descriptions of the key elements of the underwater pull
- Tips and secrets that helped Taormina perform at a world-class level for two decades

"Swim Speed Secrets" brings the focus back where it belongs--to a powerful underwater stroke. With this book, triathletes and swimmers can stop swimming for survival and break through to new levels of speed and confidence in the water.

Let me start by saying I fell into the Total Immersion trap. I have never reviewed a book, but I felt compelled because of my struggles with swimming. I was a fairly successful club swimmer in H.S. I swam 54 sec.100 yard freestyle, while swimming 2 months out of the year. We basically trained on the principles of this book. I took a extended break from swimming, and then at 30 thought triathlon

would be fun. I have read several books on triathlon and Total Immersion is mostly what they preach. So, I bought the book and followed it for 2 years; drills and technique, everything. I didn't notice an improvement and was frustrated as heck. I came across this book and its reviews, and thought I give it a try. As I read I thought she had written this book about someone in my stagnate swimming situation. I implied the book's techniques (same as I was taught in club swimming years ago), and have seen vast improvements in speed and stroke counts. Sheila keeps it simple and provided me with a reality check. Total Immersion still has value, especially to beginners, but I believe swimming is 80% pull / 20% Total Immersion

I can't get the slide shows to work on kindle or iPhone app. This doesn't allow me to see any of the drill sequences so the book is almost worthless. Can anyone give me advice on how to get the slide shows to come up on kindle. I click on it one and all it does is show me the menu. I double click on it and it enlarges the first picture only.

I have been stuck at 2:00/100m. (Don't laugh there are plenty of us out there.) It didn't matter what I did and to be honest I don't have the time to see a coach on a coach's schedule. After reading all of the things I am messed up on, haha, I got it. The light bulb went off and I went back to real basics, floating, sculling then working stroke. I am now down to 1:45 and getting faster. I will never be the fastest, but I am no longer at the back of the pack. Movin' up!!

I am a triathlete (or perhaps a wanna be) and swimming has not been my strength. While I get advice from coaches on movement that is visible outside of the water, I typically see MANY people doing exactly what those coaches are telling me my problem is, yet going MUCH faster than I. Clearly, something else is the problem, something going on under the surface, that's making the difference. This is where Sheila focuses - on the pull. She invokes the 80/20 rule and states that the other stuff - body streamlining, arm recovery, hand entry - is all the in the 20%. And the best evidence she provides for that is Johnny Weissmuller held all swim records in the 1920s, while swimming holding his head out of the water! His speeds are certainly not up to today's olympic standards but he swims WAY faster than I or 99% of most triathletes (57s / 100m is Pretty Darn Fast). What he did have was a really good pull. This is a well-thought out book with drills and training approaches. She does take her time making her point in places but this is the best book on the important parts of technique that I've seen. Highly recommended.

I am a back of the pack triathlete and picked up this book to help with my swim times based on reviews. I had been doing various total immersion drills over a few years, but have always been a slow swimmer. I just read this book yesterday and went swimming today. My 100 meter time went down 15 secs without even doing any of the drills yet, just by focusing on "feeling the water"! (mind you, I'm still over 2 minutes per 100) Also, my chronically sore shoulder felt great after my swim, using the stroke adjustments recommended in this book. I'm very excited to follow Sheila's plan to build up strength and continue to improve. I found the book an enjoyable read and very clear. Can't wait for my next race!

Superb book. I just started swimming 6 years ago, and really enjoy it (I'm in my 40's). What this book did for me is to take the guesswork out of my underwater motion. Many swimmers have no idea what they are doing underwater, and I was constantly trying to make adjustments to my catch and pull--none of which worked consistently. Now, I KNOW exactly what has to be done--no guesswork needed. That is itself critical if you want to be a better swimmer. Taormina is also a very interesting writer, making this book very enjoyable to read.

It sounds gimmicky, but it's true: this book shaved 30 seconds off of my 400 meter time in \*one week\*, without any additional outside coaching. I am a competitive runner making the transition to triathlon for the past 3 years, and have always struggled particularly with the swim leg of the sport. I have taken swim technique classes, done masters' swim classes, watched Total Immersion videos and read the TI book, but this book for the first time made something "click" with me about the way I have to think about swimming in order to actually move forward with speed. The book basically is an enormous critique (although she doesn't name it explicitly) of Total Immersion's focus on gliding, reducing drag, reducing strokes, and becoming like a fish. Instead, Sheila focuses exclusively on the CATCH and PULL aspect of the stroke, using photographs and amazing visual images for when you're practicing. IT WORKED. The next day, I went to the pull, visualized a few of the images she has in the book, and voila! Instantly faster. Of course, it will take a lot more work for me to improve on what I gained through the book, but I am just MUCH more comfortable in the water after reading this. She gives some exercises and sets to practice which are good, but I look forward to her next book when she goes into more detail about that.

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