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ADVANCED WORKOUTS FOR MASTER SWIMMERS (PAPERBACK)



Createspace, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. This is volume four of the series entitled Condor for Swimmers. While the first volume Swimming Workouts for Master Swimmers offers the master athlete a basic collection of workouts with some technical and planning tips, this volume is a detailed series of workouts arranged in a microcycle-mesocycle sequence. Thus, it can be used in preparation for a meet or in annual and...

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- Authored by Sarah Patricia Condor-Fisher
- Released at 2014



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