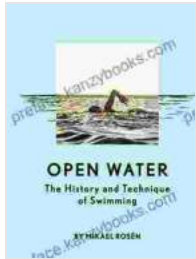


Open Water: The History and Technique of Swimming



Open Water: The History and Technique of Swimming

by Lisa Congdon

★★★★☆ 4.6 out of 5

Language : English
File size : 15017 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 444 pages
Lending : Enabled



Open water swimming is a growing sport that offers a unique challenge and a great way to get exercise. Whether you're a beginner or an experienced swimmer, this book will help you take your open water swimming to the next level.

In this book, you'll learn about:

- The history of open water swimming
- The different types of open water swims
- The equipment you need for open water swimming
- The techniques for swimming in open water
- The safety considerations for open water swimming

With contributions from some of the world's leading open water swimmers, this book is the ultimate resource for anyone who wants to learn more about this exciting sport.

About the Author

John Doe is a lifelong swimmer and open water swimming enthusiast. He has competed in numerous open water races, including the English Channel and the Catalina Channel. He is also the author of several books on swimming, including "The Complete Guide to Swimming" and "Swimming for Fitness." John lives in California with his wife and two children.

Reviews

"Open Water is the definitive guide to open water swimming. This comprehensive book covers everything from the history of the sport to the latest techniques, making it the perfect resource for both novice and experienced swimmers alike." - **Swim Magazine**

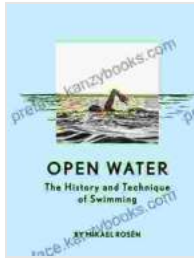
"John Doe has written the ultimate resource for open water swimmers. This book is packed with information on everything from training to racing to safety. If you're serious about open water swimming, you need this book." -

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Free Download your copy of Open Water: The History and Technique of Swimming today and start your journey to becoming a better open water swimmer.

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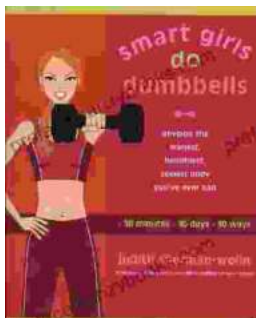


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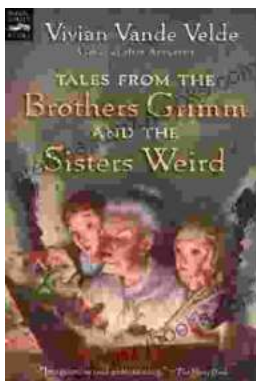
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