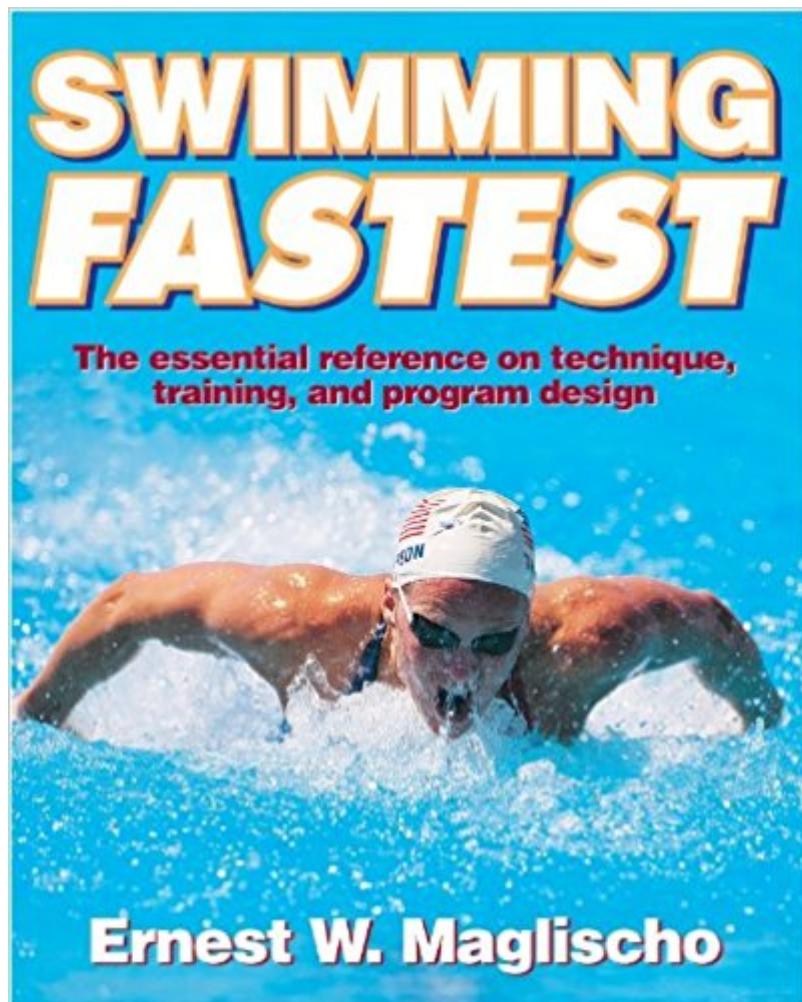


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## Swimming Fastest



## Synopsis

Let one of the world's greatest swimming coaches teach you how to perfect your competitive strokes! In *Swimming Fastest* — a revised and updated version of one of the best books ever written on competitive swimming — author Ernest Maglischo reveals the science behind the training principles that led his teams to 13 NCAA national championships at the Division II level and 19 conference championships. This book is the definitive reference on stroke technique and training methods for swimming. It shows you how to apply scientific information to the training process so that you can swim stronger and faster. *Swimming Fastest* addresses not only the how but also the why of training. It's the one source that you can turn to for reliable information about hydrodynamics and exercise physiology, giving you all the information you need to evaluate present and future concepts of training and stroke mechanics. *Swimming Fastest* covers every aspect of competitive swimming. The book is heavily illustrated, with more than 500 illustrations and photos featuring world-class swimmers. Sequences of photos taken from the front, side, and underneath views show you exactly how to perform competitive strokes, starts, and turns. This book is a source that coaches and athletes will pull down from their shelves again and again for reference. In part I Maglischo masterfully explains the mechanics of competitive swimming. He presents detailed technique analysis of the four primary strokes: freestyle, backstroke, breaststroke, and butterfly. He also explores the roles of stroke rate, stroke length, and drag reduction and reevaluates the role of lift forces and the Bernoulli principle in swimming propulsion. He explains the complex relationship between stroke length and stroke rate and swimming speed, and he reviews recent findings on the physical basis of swimming propulsion and the techniques that swimmers use to apply propulsive force. Part II explains the physiology behind the most effective training methods and provides detailed sample workouts and training programs for each event. Maglischo provides critical information to help you train more accurately and monitor your training more effectively. He evaluates current training theory, explaining why the anaerobic threshold theory of training needs revision and why muscle fiber types are important to swim training. Maglischo also presents important new studies that define the relationship between endurance and sprint training, and he suggests their implications for training. Part III addresses topics that pertain specifically to competition and racing. Maglischo shares his insights and recommendations for pre-race tapering, establishing race pace, racing strategies, and post-race routine. Every swimming coach and serious swimmer will benefit from this book. *Swimming Fastest* will be the first resource you turn to when you want to trim precious seconds off your best times.

## Book Information

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## **Customer Reviews**

Ernest W. Maglischo coached swimming for 38 years, working at four universities and two swim clubs. He has won 13 NCAA national championships at the Division II level and 19 conference championships. In 1996 he was honored as the Pacific 10 Conference Swimming Coach of the Year, and he has been named NCAA's Division II coach of the year an unprecedented eight times. He has also received the highest coaching award, the National Collegiate and Scholastic Swimming Trophy. Maglischo holds a PhD in exercise physiology from the Ohio State University. He's a member of the College Swimming Coaches Association, the American Swimming Coaches Association, and U.S.A. Swimming, where he serves on the Sports Medicine Committee. Now retired, Maglischo lives in Phoenix, Arizona.

This book is a very thorough, well researched reference book on swimming. It digests and presents proven techniques for swimming all strokes, down to pretty small but important details such as what orientation the hand should have upon entering the water. Throughout, Maglischo presents the evidence for swimming various ways, talks about the pros and cons of various techniques, and usually offers an opinion about what he thinks is the best practice. He always makes it clear where the research ends and his opinion is beginning. The sweep patterns are shown in many ways, through film frames from several angles, through sketches, and through traces relative to a fixed point in the pool as well as from the swimmers point of view. I saw some criticism here about the descriptions being hard to follow and about a lack of more recent information. It does take effort to visualize the sweep patterns, but I don't know what else could be done in book form to make them

clear. I think the book is more easy to follow than videos I have tried actually. With some imagination and trying it out in the pool, what he says becomes clear enough. I'm actually kind of amazed at the level of detail I am now aware of in my own sweeps as a result of this book. If you swim at least a few times a week for a long time, this is the level of detail you want. If you're a beginner, it might be overwhelming though. As for the more recent information, I'd think of this book as being about tried and true methods that work for the majority. Once you learn the most effective technique for most people, then you can branch out to other methods. Do newer methods that just one or two well known people are using allow someone to workout for 10+ years at a high level? I don't know, but I'm pretty sure the methods in this book will, so it works for me. There are sections on workout structuring, strategy, and nutrition I haven't read yet but seem equally well researched at first glance. This is a ton of information.

Ernie Maglischo is the REAL DEAL. No coach's library is complete without this canon. It's a little dense and technical in areas, but the scientific principals are essential to understand for any coach worth his/her salt. It's also interesting to review Swimming Even Faster (1993) to learn how the sport has evolved in the last 30+ years. Get it!

I use this book to figure out not only my own workouts but to better understand the sets that I create and collaborate with other coaching staff. This book is the best. This book is also extremely technical. If you're not willing to sit and read, then this book is not for you.

I am a more than novice swimmer but I was not sure about whether I was training well or not, this book in a very simple language explains how the stroke must be done, it contains tips to increase power and modify the stroke to obtain better performance, this book does not explain the latest changes in the strokes for the elite swimmers like Thorpe but it is a very good starting point for who is not 100% involved in swimming, is a huge book it is like the chemistry books I used at the university. In general I am very happy with this book.

Weighty tome, useful for pressing flowers. Has some useful insights and information. For a good all round overview use in conjunction with Total Immersion book which is an easier read user friendly manual.

I bought this thick book for my daughter. She is a teenager who does competitive swimming and

swims year round. She has good swimming knowledge from her coaches but would like to have better understanding of the different strokes so that she could fine tune her swimming techniques. She said it's easy to read and understand, and the illustrations are good. Great value for the price. Would highly recommend this book to serious swimmers.

Great book for all competitive swimmers. A super reference for stroke technique, training and racing.

This hardcover book is physically too big to enjoy! I have read the author's previous two books so I know the content is excellent, however this monstrous book is so heavy and cumbersome that I just can't get comfortable reading it. Great for pressing flowers and leaves!

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