

# best books on swimming training

**best books on swimming training** provide essential knowledge and guidance for swimmers, coaches, and enthusiasts aiming to enhance their performance in the water. These books cover a wide range of topics from technique improvement and training programs to nutrition and mental preparation. Whether you are a beginner looking to master the basics or an advanced athlete seeking specialized training methods, the right literature can significantly impact your progress. This article explores some of the most authoritative and highly recommended titles in swimming training. It highlights key features, benefits, and areas of focus for each book to help readers make informed choices. Additionally, it offers insight into how these resources contribute to effective swim training and overall athletic development. The following sections will delve into the best books on swimming training, categorized by skill level, coaching strategies, and technical mastery.

- Top Books for Beginner and Intermediate Swimmers
- Advanced Swimming Training Books for Competitive Athletes
- Coaching and Technique-Focused Swimming Books
- Specialized Swimming Training Books and Resources

## Top Books for Beginner and Intermediate Swimmers

For swimmers at the beginner and intermediate levels, foundational knowledge of swimming techniques and training principles is crucial. Books in this category focus on building proper stroke mechanics, endurance, and confidence in the water.

### Essential Titles for Skill Development

These books provide step-by-step instructions on the four main swimming strokes: freestyle, backstroke, breaststroke, and butterfly. They often include drills and exercises designed to improve efficiency and reduce fatigue. Clear illustrations and practical advice make these resources accessible to swimmers of all ages.

### Popular Books for Beginners

- **"Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier"** by Terry Laughlin – Focuses on technique refinement and energy-efficient swimming.
- **"Swim Smooth: The Complete Coaching System for Swimmers and Triathletes"** by Paul Newsome and Adam Young – Offers detailed stroke analysis and personalized training plans.

- **"The Complete Guide to Swimming"** by Mark Young – Covers basics and progressive training suitable for novices.

These books emphasize the importance of body position, breathing techniques, and pacing strategies to help beginners develop a solid foundation for future progress.

## **Advanced Swimming Training Books for Competitive Athletes**

Competitive swimmers require more specialized training methods that address speed, endurance, strength, and race strategies. Advanced swimming training books offer scientifically backed programs tailored for high-level performance enhancement.

### **Training Methodologies and Periodization**

Advanced books often discuss periodization, which involves organizing training into cycles to peak at key competitions. They also cover interval training, resistance workouts, and stroke efficiency under fatigue.

### **Recommended Books for Elite Swimmers**

- **"Swim Speed Secrets: Master the Freestyle Technique Used by the World's Fastest Swimmers"** by Sheila Taormina – Focuses on freestyle mechanics and speed improvement.
- **"The Swim Coaching Bible"** edited by Dick Hannula and Nort Thornton – A comprehensive guide with contributions from top coaches covering various aspects of competitive swimming.
- **"The Science of Swimming"** by James E. Counsilman – Explores biomechanics and physiology related to swimming performance.

These titles are designed to help competitive swimmers push their limits and achieve measurable improvements through structured training and scientific principles.

## **Coaching and Technique-Focused Swimming Books**

Coaches and instructors benefit from books that delve deeply into teaching strategies, stroke analysis, and motivation techniques. These resources aim to enhance coaching effectiveness and swimmer development.

# Guides for Effective Coaching

Coaching books provide frameworks for planning practice sessions, evaluating swimmer progress, and addressing common technical issues. They also emphasize psychological factors such as goal setting and building confidence.

## Key Coaching Literature

- **"Coaching Swimming Successfully"** by Dick Hannula and Nort Thornton – Offers practical advice on coaching swimmers at all levels.
- **"Championship Swim Training"** by Bill Sweetenham and John Atkinson – Covers training planning and stroke technique improvement.
- **"Swimming Fastest"** edited by Ernest W. Maglischo – Provides detailed biomechanics and training concepts for coaches.

These books serve as invaluable resources for coaches seeking to refine their approach and maximize swimmer potential through informed training techniques.

## Specialized Swimming Training Books and Resources

Some books focus on niche areas within swimming training such as open water swimming, triathlon preparation, or swim fitness for non-competitive athletes. These specialized resources address unique challenges and offer tailored advice.

### Open Water and Triathlon Swimming

Open water swimming requires adapting to variable conditions and maintaining endurance over long distances. Triathlon swim training combines swimming with cycling and running preparation for multisport events.

### Noteworthy Specialized Titles

- **"Open Water Swimming: A Complete Guide for Swimmers and Triathletes"** by Nancy Steadman Martin and Bill Sweetenham – Focuses on techniques and strategies for open water conditions.
- **"Swim Smooth Triathlon Swimming"** by Paul Newsome and Adam Young – Tailored for triathletes seeking efficient swim training.
- **"The Triathlete's Swim Training Bible"** by Gale Bernhardt and Nick Hansen – Combines swim-specific workouts with triathlon preparation.

These specialized books are ideal for athletes looking to expand their swimming skills beyond the pool and into varied competitive environments.

## **Frequently Asked Questions**

### **What are some of the best books on swimming training for beginners?**

Some of the best books for beginners include "Total Immersion" by Terry Laughlin, "Swim Smooth" by Paul Newsome and Adam Young, and "The Swim Coaching Bible" by Dick Hannula and Nort Thornton. These books cover fundamental techniques and training plans.

### **Which books are recommended for advanced swimming training?**

"Training for Speed and Endurance" by Terry Laughlin and John Delves, "The Swim Workout" by David Salo, and "Swim Speed Secrets" by Sheila Taormina are excellent for advanced swimmers focusing on technique, speed, and endurance.

### **Are there any books focused on swim training for triathletes?**

Yes, "Swim Smooth: The Complete Coaching System for Swimmers and Triathletes" by Paul Newsome and Adam Young is highly recommended. It offers training techniques tailored for triathletes to improve efficiency and speed in open water swimming.

### **What swimming training books emphasize technique improvement?**

"Total Immersion" by Terry Laughlin and "Swim Smooth" by Paul Newsome focus heavily on technique improvement, breaking down strokes and drills to enhance efficiency and reduce fatigue.

### **Can you suggest books that include swim training workouts and plans?**

"The Swim Workout" by David Salo and "Swim Speed Secrets" by Sheila Taormina provide detailed workout plans and training schedules designed to build speed, endurance, and overall swim performance.

### **Which books are best for coaches looking to improve their swim training methods?**

"The Swim Coaching Bible" volumes 1 and 2 by Dick Hannula and Nort Thornton are considered essential resources for swim coaches, offering comprehensive training methodologies and coaching strategies.

## Are there any books that cover open water swimming training specifically?

"Open Water Swimming Manual" by Lynne Cox and "Swim Smooth" also include sections dedicated to open water swimming techniques, safety, and training adaptations required for open water conditions.

## What are some budget-friendly or free resources for swim training books?

Many authors like Terry Laughlin offer free excerpts or summaries online. Additionally, public libraries often have copies of popular swim training books such as "Total Immersion" and "Swim Smooth." Some websites also provide free swim training guides.

## How do I choose the best swimming training book for my needs?

Consider your current skill level, training goals (technique, endurance, speed), and whether you are training for pool or open water swimming. Reading reviews and sample chapters can help determine which book aligns best with your objectives.

## Additional Resources

### 1. *"Total Immersion: The Revolutionary Way To Swim Better, Faster, and Easier"*

This book by Terry Laughlin presents a unique approach to swimming that emphasizes efficiency and technique over brute force. It focuses on body positioning, balance, and streamlining to help swimmers reduce drag and move smoothly through the water. Ideal for beginners and experienced swimmers alike, it encourages a mindful, relaxed style that minimizes fatigue.

### 2. *"Swim Smooth: The Complete Coaching System for Swimmers and Triathletes"*

Written by Paul Newsome and Adam Young, this comprehensive guide breaks down swimming technique into manageable components. It includes detailed drills, training plans, and video analysis tips that help swimmers improve stroke mechanics and endurance. The book is especially useful for triathletes seeking to enhance their swimming performance efficiently.

### 3. *"The Swim Coaching Bible, Volume II"*

Edited by Dick Hannula and Nort Thornton, this book compiles expert advice from top swim coaches around the world. Covering topics from stroke technique to mental preparation and strength training, it serves as an essential resource for coaches and serious swimmers. The diverse perspectives offer a well-rounded approach to improving competitive swimming.

### 4. *"Swim Speed Secrets: Master the Freestyle Technique for Fast Swimming"*

Author Sheila Taormina shares proven techniques to increase freestyle speed through improved mechanics and conditioning. The book emphasizes drills that refine stroke efficiency, breathing patterns, and kick rhythm. It also addresses common mistakes and provides training tips tailored to various skill levels.

### 5. *"Training and Racing with a Power Meter"*

Though not exclusively about swimming, this book by Hunter Allen and Andrew Coggan is invaluable for swimmers interested in data-driven training. It explains how to use power meters and other metrics to optimize workouts and monitor performance. Athletes can apply these principles to swimming workouts by integrating heart rate and perceived exertion data.

6. *"Swimmer's Shoulder: How to Diagnose, Treat, and Prevent Swimming Injuries"*

Written by Dr. Bruce Podlogar, this book focuses on preventing and rehabilitating common swimming injuries, especially shoulder problems. It provides practical advice on proper technique, stretching, and strength exercises to maintain joint health. Swimmers of all levels can benefit from its injury-prevention strategies to sustain long-term training.

7. *"The Complete Guide to Swimming Breaststroke"*

This specialized guide by Mark Young breaks down the breaststroke into clear, actionable steps. It covers technique refinement, drills, and training plans designed to improve speed and efficiency. The book is excellent for swimmers looking to master or enhance their breaststroke in competitive settings.

8. *"Mastering Swimming"*

Jim Montgomery, an Olympic gold medalist, offers insights into developing a strong swimming foundation and competitive edge. This book combines technique instruction with workout strategies and mental preparation tips. It's tailored for swimmers aiming to elevate their skills and performance through disciplined training.

9. *"The Science of Swimming"*

James E. Counsilman, a pioneering swim coach, explains the physiological and biomechanical principles behind effective swimming. The book delves into stroke mechanics, energy systems, and training methodologies grounded in scientific research. It is a valuable resource for coaches and swimmers seeking an in-depth understanding of the sport.

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**best books on swimming training: The 100 Best Swimming Drills** Blythe Lucero, 2008 This title presents readers with the most effective drills drawn from more than 20 years of working with swimmers. Each of the drills is explained step-by-step and is accompanied by comprehensive illustrations.

**best books on swimming training: The Swim Coaching Bible Volume I** Dick Hannula, Nort Thornton, 2001-07-02 The Swim Coaching Bible offers you an all-star, international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport. This book is sure to be a classic—one that swimming coaches reach for again and again. Specifically, The Swim Coaching Bible covers the key principles of coaching and program administration, conducting effective practice sessions, teaching techniques for every stroke, and training programs for every event. Endorsed by the World Swimming Coaches Association, the book

shares the wisdom of the world's best coaches, who address the topics they know best. Contributors include: Richard Quick: Believing in Belief Jean Freeman: Putting Fun Into the Swimming Experience Peter Daland: Coaching With Integrity John Leonard: Tailoring Your Approach to Specific Competition Levels Jack Bauerle: Administering and Marketing a Winning Program Skip Kenney: Developing a Successful Team Bill Sweetenham: Maximizing a Swimmer's Talent Development Jill Sterkel: Long- and Short-Range Planning Bruce R. Mason: Putting Science Into Practice Deryk Snelling: Applying the Art of Coaching Rick DeMont: Freestyle Technique Dick Hannula: Backstroke Technique Pablo Morales: Butterfly Technique David Salo: Breaststroke Technique John Trembley and Gary Fielder: Starts, Turns, and Finishes Michael Bottom: Freestyle Sprint Training Doug Frost: Freestyle Middle-Distance Training Dick Jochums: Freestyle Distance Training Eddie Reese: Backstroke and Butterfly Sprint Training Bill Rose: Backstroke and Butterfly 200-Meter Training Jon Urbanchek: Breaststroke Training Dick Shoulberg: Individual Medley Training David Marsh: Relay Training Randy Reese: Power Training Don Gambriel: Preparing to Excel in Competition This is, without question, the most prolific and authoritative group ever assembled in a single swimming book. The Swim Coaching Bible is a book that will be treasured for many years to come.

**best books on swimming training:** Coaching Swimming Successfully Dick Hannula, 2003 Coaching foundation - Stroke technique - Coaching plans - Meets - Evaluation.

**best books on swimming training:** Technique Swim Workouts Blythe Lucero, 2009 The first book in a series, called Technique Swim Workouts contains 75 workouts that focus on improving general swimming efficiency, with specific workouts for each of the competitive swimming strokes. The workouts in this book blend swimming drills and conditioning sets that total up to 2,000 yards/meter. Each workout is accompanied by a Focus Point to help swimmers zero in on stroke improvements by eliminating drag, improving feel for the water, and swimming in a core-centered manner.

**best books on swimming training: Triathlon Training Bible** Daisy K. Edzel, Daisy Edzel, 2017-08-01 SLOW AND BARELY ABLE TO FINISH A RACE? RIGHT AND WRONG TRIATHLON HABITS --- AND LITTLE POINTERS THAT WILL INCREASE YOUR SPEED AND ENDURANCE Are you a beginner, or someone in intermediate level who's going to compete in a major triathlon event soon? Full or Half Iron Man perhaps? Or maybe you're someone who needs to level up his game and improve his knowledge and capabilities in the sport? Increase endurance and speed perhaps? Whatever your goal may be, this is the one book you'll ever need! This is written by an actual, Triathlon competitor with years of experience in the discipline. You'll not only learn more, but you'll learn how to better your performance by learning techniques including exercise regimens and drills to up your performance in no time. This book will cover: intro to triathlon a bit of history swim, bike, run one of the few where to start - types of races, what you need to know and where to begin choose your distance set your goal manage your expectations know your gears for the swim for the bike for the run jargon buster - helping you understand the terms of the sport! triathlon training rules and techniques training rules to live by maximize your training swimming technique and etiquette competition swimming versus triathlon swimming improving your technique skills to develop training for endurance training for speed essential swim drills to master preparing your muscles for the swim leg open water swim finish the swim leg strong running technique and how to prevent injury and run faster training for the run leg common running mistakes focusing on the correct form important running drills to practice improving your off-bike run performance cycling in a pack what to do and what not to do organizing a group ride training rides and club rides group cycling etiquette transition - how to lay it out, what to bring and how to be effective your checklist setting up the don'ts rehearse understanding triathlon nutrition and why it is key? how your body uses fuel in triathlon key nutrition considerations training nutrition suggested nutrition strategy racing nutrition race day - what to look out for, how to prepare and what to expect? attend the race briefing review the rules review your checklist or to-do list before the race race day commit to finish keep going it's you versus you trust your training and have fun and much, much more... GRAB YOUR COPY NOW!

**best books on swimming training: Physical Training , 1926**

**best books on swimming training: The Complete Book of Swimming** Phillip Whitten, 2012-03-07 The all-purpose guide to swimming, for beginners and experts alike, that will help make you fitter, faster, more efficient, and more knowledgeable about this wonderful sport. The Complete Book of Swimming is written for those folks who want to become physically fit and stay physically for the rest of their lives; for folks who are seeking to enhance their lives. There are chapters on the different strokes that provide the “how-to” information people need to get started. Equally important are the chapters that answer such questions as Why should I swim? Why swimming and not some other sport? How can swimming improve my health? How can it enhance my life? How will I become a better person—more vital, more competent, vigorous, sexy . . . alive by swimming? Praise for The Complete Book of Swimming “Phil Witten not only explains the ‘how to’ of swimming in clear, easy-to-understand language, but he also explains the ‘why’ of swimming: why swimming can make you healthier, happier, and sexier, and can make you feel younger. If The Complete Book of Swimming doesn’t convince you that swimming is the best thing you could possibly do for your health, then nothing will.”—Mark Spitz “Finally a book has been written that will put swimming on the map for the general public. Phil Witten combines a storyteller’s gift for creating excitement with scientific knowledge and personal experience. The Complete Book of Swimming is a must read for swimmers (and coaches) at every level, and for anyone interested in lifelong fitness and health.”—Skip Kennedy, Olympic coaching staff, men’s swimming; men’s swimming coach, Stanford University (NCAA champions) “Dr. Whitten has written the perfect all-purpose guide. It’s a useful tool for both experienced swimmers who want to improve, and for rookies who aren’t sure where to begin. The Complete Book of Swimming is an invaluable source for all aging baby boomers.”—Karen Allen, USA Today “Passion arouses passion, and Dr. Whitten surely cannot fail to persuade aspiring swimmers of all ages and abilities that the sport of swimming is the way to a healthier, happier existence. This is a splendid invitation to beginners, while offering a clearer insight to those who have already donned their suits and goggles. The writing is instructive and entertaining, and the illustrations depict the very latest techniques used in the pool.”—Craig Lord, The Times (London)

**best books on swimming training: The Best Books** William Swan Sonnenschein, 1891

**best books on swimming training: The Publisher , 1908**

**best books on swimming training: The Swim Coaching Bible Volume II** Dick Hannula, Nort Thornton, 2012-04-09 For more than a decade, top coaches have turned to one resource time and time again. Collecting the wisdom, insights, and advice from the sport’s legendary instructors, The Swim Coaching Bible immediately established its place in the libraries of swim coaches around the globe. Coaches, it’s time to make room alongside that classic for a new resource! The Swim Coaching Bible, Volume II, picks up where the original left off, providing more instruction, guidance, and expertise on every aspect of the sport. Inside, you’ll learn the secrets, strategies, and philosophies of 27 of today’s most successful coaches, including these legendary leaders: • Jack Bauerle • George Block • Mike Bottom • Bob Bowman • Sid Cassidy • John Urbancheck • Bill Rose • Vern Gambetta • David Durden • Brett Hawke • Gregg Troy • John Leonard • Dick Shoulberg • David Marsh • Teri McKeever • Bill Sweetenham From developing swimmers to building a winning program, teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs, it’s all here. Endorsed by the World Swimming Coaches Association, this new collection is another landmark work in competitive swimming. If you coach the sport or want a competitive edge, The Swim Coaching Bible, Volume II, is a must-own.

**best books on swimming training: Swimming Training Book** Swimming the World Publishing, 2019-07-13 This swimming log book has been created to help you to keep track of your trainings, save your personal records and improve your swimming skills. This journal has 136 pages (6x9) and contains: 100 log pages to keep track of every details during your trainings (warm up, sets, cool down, distance, reps, time, etc.) 16 personal records pages to save your best times. 20 lined pages to write down notes and analyse your performances This log book is the perfect gift for any serious swimmer who wants a unique tool to analyse his / her progression.



**best books on swimming training: Ironstruck? 500 Ironman Triathlon Questions and Answers** Ray Fauteux, 2008-07-28 You really want to do the Ironman Triathlon, but there are so many questions you need answered. This book will answer 500 of those questions for you and will help you realize your dream of crossing that amazing finish line. There are also some very inspiring stories and great recipes submitted by triathletes around the world that make this one of a kind triathlon book even more special.

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**best books on swimming training: Swim Smooth** Paul Newsome, Adam Young, 2012-06-15 Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to develop your own swimming style. \_x000D\_ The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. \_x000D\_ Swim efficiently. Swim fast. Swim Smooth.

**best books on swimming training: The Journal of Physical Education** Luther Halsey Gulick, George John Fisher, Martin Isaac Foss, John Brown, Harold T. Frierhood, 1927

**best books on swimming training: *Swimming Fastest*** Ernest W. Maglischo, 2003 An illustrated guide to competitive swimming containing detailed overviews of the four primary strokes; racing strategies; and the most effective training methods and the science behind why they work.

**best books on swimming training: *Scuba Compendium*** Simon Pridmore, 2021-08-23 Only available in e-book form, this is the presentation in one volume of four books in Simon Pridmore's Scuba series: Scuba Fundamental, Scuba Confidential, Scuba Exceptional and Scuba Professional. In musical terms, Scuba Compendium is a re-mastering and repackaging of the original albums rather than a greatest hits or a Best of compilation. The books were written and published over a period of eight years and each book was designed for divers at a particular point in their diving life. Listed in the order they were written, the audience for Scuba Confidential was the general population of divers; Scuba Professional was for those thinking of making a career out of the sport; Scuba Fundamental was for non-divers and beginners and Scuba Exceptional was for more experienced divers. The idea was not to create a series. It just turned out that way. A number of topics merited inclusion for multiple groups of readers - rebreathers and surface safety for example - which meant that there was some unavoidable overlap between the individual books. In Scuba Compendium, the text and chapters have been cleaned up and streamlined to remove any unnecessary repetition and improve continuity. Apart from this, nothing is missing from the four original books and the only new material is an introductory chapter on the philosophy behind the Scuba series. So, if you already own all the books in the Scuba series, from a content point of view you have no need to buy this one. However, from a reference point of view, some readers may find it an advantage to have these four books in one volume where every word or phrase in the series is easily searchable on an e-reader. They are arranged here in the order in which they make sense as a series, following the path from beginner to diver to experienced diver to expert. Scuba Compendium covers the full gamut of the sport diving experience and is a resource that will accompany a scuba diver throughout their career in the sport, wherever it takes them, to be dipped back into from time to time whenever necessary. If you only own one or two books in the series, then you may find Scuba Compendium well worthwhile for another reason too. For instance, if you are not a beginner, you may think you don't need to read Scuba Fundamental, but many experienced divers have found it useful and entertaining. Also, Scuba Professional introduces a number of topics, such as real risk awareness and constructive paranoia, which are just as relevant for amateur divers as they are for professionals. Although the title makes it sound as if Scuba Professional is only for instructors, this is certainly not the case. And, of course,

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**best books on swimming training: *The Complete Book of Men's Health*** Men's Health Books, 2000-08-22 Provides information on health-related topics, exercise, diet, and personal grooming

**best books on swimming training: Modes of Learning** George Allan, 2012-05-18 Educators are familiar with Alfred North Whitehead's three stages of education: romance, precision, and generalization. Philosophers are familiar with his metaphysical theories about the primacy of temporal processes. In *Modes of Learning*, George Allan brings these two sides of Whitehead's thought together for the first time in a book suitable for both those initially approaching Whitehead's metaphysics and experts alike. Allan develops a series of analogies between Whitehead's ideas about how we learn and key concepts in his later metaphysical writings, demonstrating that both how we learn and how the world changes involve a tension between open-ended exploration and systematic organization. Novel ideas free us from the blinders imposed by old habits and beliefs. Yet only when these ideas are integrated with the old ways are we able to improve our individual and collective lives—until changing circumstances call for further new ideas and fresh integrations. Using a rich variety of examples, Allan illuminates the metaphysical ideas he explores by tethering them concretely to the educational practices in which they are rooted. This shows a key but neglected feature of Whitehead's thought: his pragmatic theory of truth, with its functionalist approach to experience and its humanistic appreciation of the frailty of all human endeavors.

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