



Swimming for Beginners: Learn the fundamental basics of swimming and swim your first mile

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Joe Morrell has been swimming competitively for 15 years and he's helped countless beginners learn the basics of swimming and swim their first mile. Using a specific workout program, you'll be able to swim a mile without stopping in under 6 weeks!

Swimming for Beginners includes:

- Safety precautions when swimming
- Facing your fear
- Getting accustomed to the water
- Breathing techniques
- Detailed descriptions of leg kicks and swimming strokes
- What to do in life threatening situations
- A detailed workout program to follow over 6 weeks
- What to do after the completing your first mile
- Fitness building
- Health benefits
- Equipment recommendations

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From reader reviews:

Samuel Stratton:

As people who live in typically the modest era should be up-date about what going on or data even knowledge to make these people keep up with the era which is always change and make progress. Some of you maybe will update themselves by studying books. It is a good choice for you but the problems coming to you is you don't know what kind you should start with. This Swimming for Beginners: Learn the fundamental basics of swimming and swim your first mile is our recommendation to make you keep up with the world. Why, because book serves what you want and want in this era.

Karen Johnson:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to try look for book, may be the guide untitled Swimming for Beginners: Learn the fundamental basics of swimming and swim your first mile can be fine book to read. May be it could be best activity to you.

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