

# The Art and Mechanics of Freestyle Swimming



## Swimbox: The art and the mechanics of freestyle swimming by Alessandro Resch

★★★★☆ 4.5 out of 5

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Freestyle swimming is the most popular and efficient swimming stroke. It is used in a variety of competitions, including the Olympics, and is also a

great way to get exercise and stay fit.

The Art and Mechanics of Freestyle Swimming is a comprehensive guide to this essential swimming stroke. Written by expert coaches, this book covers everything you need to know about freestyle swimming, from the basics to the advanced techniques.

The book is divided into three parts. The first part covers the basics of freestyle swimming, including how to get started, how to breathe, and how to swim in a straight line. The second part covers the more advanced techniques of freestyle swimming, including how to increase your speed, how to swim longer distances, and how to compete in races. The third part of the book provides a variety of drills and exercises that you can use to improve your freestyle swimming.

The Art and Mechanics of Freestyle Swimming is a valuable resource for anyone who wants to learn more about this essential swimming stroke. Whether you are a beginner just starting out or an experienced swimmer looking to improve your technique, this book has something for you.

### **Benefits of Freestyle Swimming**

- Freestyle swimming is a great way to improve your cardiovascular health.
- Freestyle swimming can help you burn calories and lose weight.
- Freestyle swimming can help you build muscle strength and tone.
- Freestyle swimming can help you improve your flexibility and range of motion.

- Freestyle swimming is a low-impact exercise, which makes it easy on your joints.
- Freestyle swimming is a fun and relaxing activity that can be enjoyed by people of all ages.

## **How to Learn Freestyle Swimming**

If you are new to freestyle swimming, it is important to start by learning the basics. This includes learning how to get started, how to breathe, and how to swim in a straight line. Once you have mastered the basics, you can start to learn the more advanced techniques of freestyle swimming, including how to increase your speed, how to swim longer distances, and how to compete in races.

There are a variety of ways to learn freestyle swimming. You can take lessons from a qualified coach, or you can try to learn on your own using books, videos, or online resources. If you are learning on your own, it is important to be patient and practice regularly.

Once you have learned the basics of freestyle swimming, you can start to improve your technique by practicing regularly and by using a variety of drills and exercises. You can also get feedback from a qualified coach to help you identify areas where you can improve.

Freestyle swimming is a great way to get exercise, improve your health, and have fun. If you are looking for a new way to stay active, freestyle swimming is a great option.

The Art and Mechanics of Freestyle Swimming is a valuable resource for anyone who wants to learn more about this essential swimming stroke.

Whether you are a beginner just starting out or an experienced swimmer looking to improve your technique, this book has something for you.



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