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"Jim Montgomery and Mo Chambers combine expertise and experience in this outstanding book. Mastering Swimming covers every aspect of technique, training, motivation, and organization that should meet the needs of every masters swimmer regardless of age and ability. It is bound to become the standard reference on the subject for years to come."

Mastering Swimming (The Masters Athlete Series ...

Mastering Swimming The Masters Athlete Trim seconds off your time, train more efficiently, or simply maximize your fitness workouts with Mastering Swimming. Renowned coaches Jim Montgomery and Mo Chambers have teamed up to create the ultimate swimming guide for masters athletes. Swimmers aged 18 to 120 will benefit from a targeted

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Mastering Swimming The Masters Athlete Series

1. Train using the principle of specificity. In a nutshell, this scientific principle of training says that if you want to improve your 50m sprint freestyle, it won't happen doing big sets of 200m swims. Conversely, if you want to do a PB in the 800m, you won't get it doing 25m sprints with long recoveries.

Top 10 Tips for Masters Swimmers - SportsTG

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In Mastering Swimming, their expertise is

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available on every page. This is a fantastic resource for fitness and competitive swimmers from 20 to 90." Tom Boak, USMS President, 1985 to 1989 Coach, Woodlands Masters Swim Team Masters Swimming Competitor Since 1978 "Jim Montgomery and Mo Chambers combine expertise and experience in this outstanding book.

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"Jim Montgomery and Mo Chambers
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Masters Athlete Dr Peter Reaburn is a well
sought after public speaker. He covers a
large range of topics suitable for both
corporate and sporting focused workshops.
Cold Water Swimming: What Does the
(Limited) Research Say?

Masters Athlete

This is the PDF version of the complete
Masters Athlete book » As athletes grow
older, their bodies respond differently to
exercise. This book by Dr Peter Reaburn —
sports scientist and self-confessed crazy
competitive masters athlete — addresses an

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area previously ignored: how to keep a competitive edge and slow the inevitable age-related decline in performance.

Complete Book – (PDF) | Masters Athlete
Master athletes: how to maintain endurance fitness as the years tick by. A University of Florida study completed a number of years ago supported those traditional ideas about ageing. The Florida research, which followed regional and national champion track athletes over a 20 year period as they matured from 50 to 70 years of age, showed that maximal aerobic capacity (V_{O2max}) dipped by 10 per cent between the ages of 50 and 60 and then plummeted down by 12-15 per cent in the seventh decade of ...

Master athletes: how to maintain endurance fitness as the ...

Masters athletes are sometimes known as "veterans" and the European Masters

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Championships, for instance, is known as "Eurovets." This and other high level events including biennial World Championships cater largely to elite-level athletes, but many masters athletes are novices to athletics and enjoy the camaraderie offered by masters competition at the local, National and International level.

Masters athletics - Wikipedia

My swimming background. I have been a swimmer all of my life. I swum competitively since the age of 12, began swimming Masters in 1978. I have been coaching masters in 1998. Like most masters coaches I always emphasized strokes and seasonal conditioning periodizatuion meven though like most masters teams only about 1/3 of the swimmers compete.

Amazon.com: Customer reviews: Mastering Swimming (The ...

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by Montgomery, Jim. Format: Kindle
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About Masters Athlete. ... In his 30 ' s he
moved into Masters Swimming, distance
running and Triathlon. He has won national
pool and Open Water championships in
masters swimming, run a sub-3 hr marathon
and won the “ big-man ” (>80 kg and 180
cm) Gold Coast half-marathon, and won
numerous age-group long distance triathlon
events. ...

About | Masters Athlete

Masters swimming is a special class of

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Competitive swimming for swimmers 25 years and older. Premasters is normally included as well, from 18 years old or 20 years old. In Canada ten thousand swimmers in more than 250 clubs are organized within the Masters Swimming Canada organization. In the United States around sixty thousand masters swimmers are being supported by U.S. Masters Swimming in more than 1,500 masters swimming clubs or workout groups.

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