



# Championship Swimming: How to Improve Your Technique and Swim Faster in 30 Days or Less

*Tracey McFarlane-Mirande, Kathlene Bissell*

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### From an Olympic medalist, a proven, step-by-step program for helping you swim your best

Endorsed by Olympic gold medalist Jenny Thompson and written by two-time Olympic winner Tracey McFarlane-Mirande, *Championship Swimming* brings Olympic-level techniques and training to intermediate swimmers who want to achieve their best.

With her proven program, McFarlane-Mirande takes you from 0 to 60 in just 30 days. This comprehensive manual features:

- Step-by-step drills for improved strokes and more enjoyable workouts
- Tips on how to eliminate "drag"
- Techniques for swimming more powerfully with less effort
- Dry-land exercises
- Easy-to-follow illustrations

From intermediate to competitive swimming, *Championship Swimming* is sure to improve the quality of every swim, whether for leisure, exercise, or going for the gold.

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