

# [PDF] Total Immersion: The Revolutionary Way To Swim Better, Faster, And Easier

Terry Laughlin, John Delves - pdf download free book

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**Books Details:**

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Author: Terry Laughlin, John Delves

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## **Description:**

Masters swimmer and acclaimed coach Terry Laughlin has taught thousands to swim more efficiently in the workshops he has given across the United States. In his book Laughlin details simple, step-by-step drills emphasizing the importance of technique and an innovative workout regimen. --This text refers to an out of print or unavailable edition of this title.

**Review** Eddie Reese 1992, 1996, 2000, and 2004 United States Olympic Coach and Head Coach, University of Texas (six-time NCAA champions) The most valuable service a good coach provides is to sharpen your technique, not make you work harder. Terry Laughlin has done an outstanding job of simplifying that complex job, providing practical tools that will work for any coach or teacher.

David Marsh 1996, 2000, and 2004 United States Olympic Coach and Head Coach, Auburn University (2003 NCAA Men's and Women's champions) *Total Immersion* can help anyone learn to be a better swimmer, regardless of ability. Terry Laughlin makes an improved stroke simple for the novice, yet I've seen his methods work for elite swimmers, too.

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