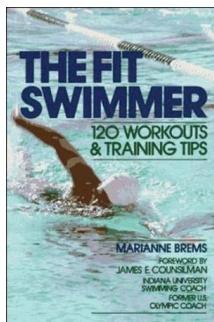


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THE FIT SWIMMER: 120 WORKOUTS TRAINING TIPS (PAPERBACK)



CONTEMPORARY BOOKS INC, United States, 1984. Paperback. Condition: New. Language: English . Brand New Book. This book puts an end to the drudgery of merely counting laps by showing you how to create your own individual fitness program--and have fun doing it! Learn how to: Determine your own fitness level Choose an appropriate training program and build upon that program with a variety of innovative workouts Use a timing clock and interval training to increase your speed and endurance Use...

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- Authored by Marianne Brems
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