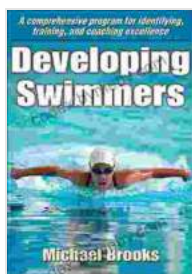


# Developing Swimmers: The Ultimate Guide to Raising Elite Swimmers

Developing Swimmers is the most comprehensive and authoritative guide to raising elite swimmers. The book is the culmination of Michael Brooks' 30+ years of experience as a world-renowned swim coach and features in-depth interviews with some of the greatest swimmers of all time, including Michael Phelps, Katie Ledecky, and Missy Franklin.

## What You Will Learn

In Developing Swimmers, you will learn:



### Developing Swimmers by Michael Brooks

★★★★☆ 4.4 out of 5

Language	: English
File size	: 133986 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 240 pages
Lending	: Enabled



- The essential principles of swimming technique
- How to develop a personalized training plan for your swimmer
- The importance of nutrition and recovery for swimmers

- How to motivate and support your swimmer through the challenges of training
- The mental game of swimming

In addition to providing practical advice on all aspects of swimming, *Developing Swimmers* also offers a unique perspective on the sport. Brooks shares his insights on the role of parents in the development of young swimmers and the importance of creating a positive and supportive training environment.

## **Why *Developing Swimmers* Is the Best Book for Raising Elite Swimmers**

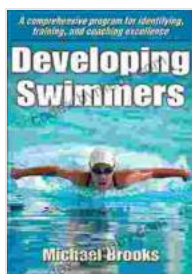
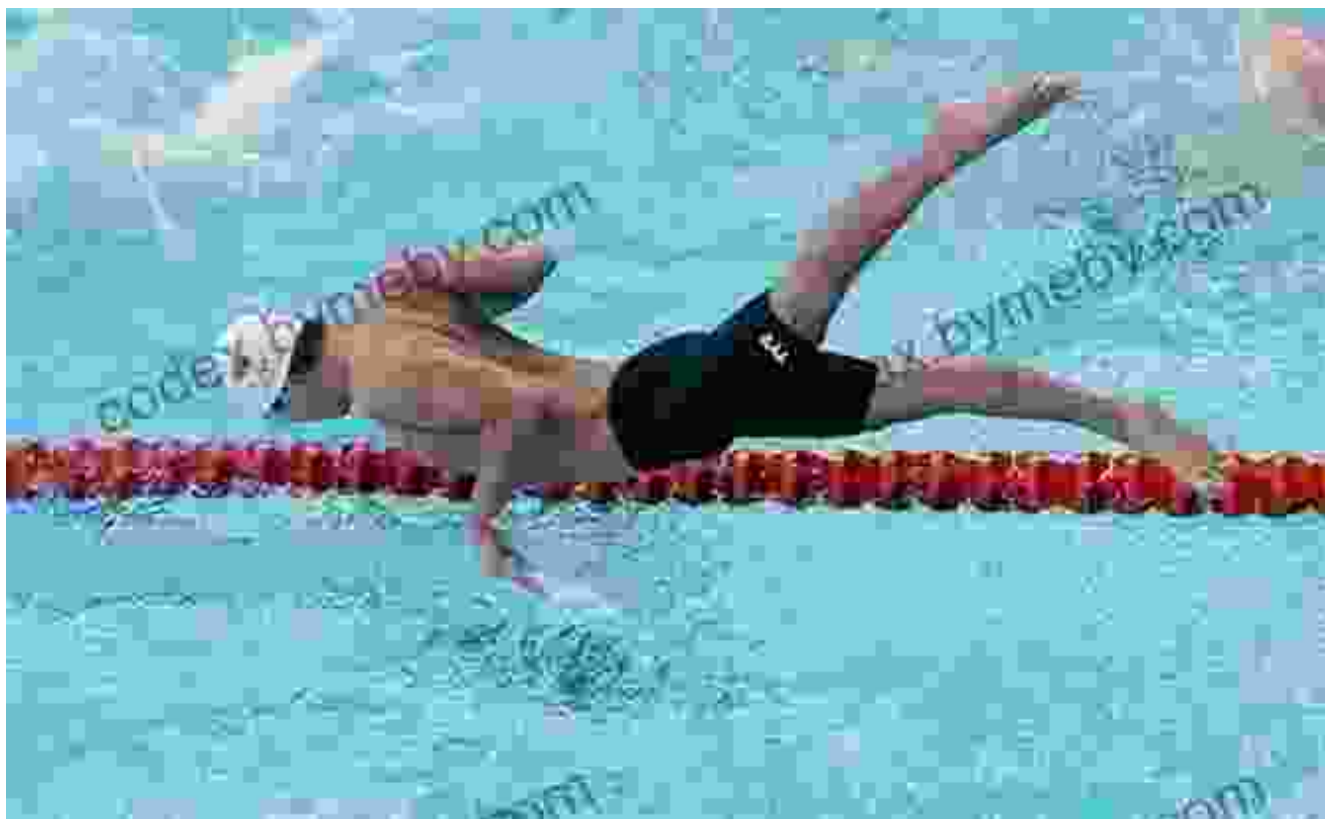
There are many books on the market that offer advice on raising swimmers. However, *Developing Swimmers* is the only book that is written by a world-renowned swim coach with over 30 years of experience. Brooks has coached some of the greatest swimmers of all time, including Michael Phelps, Katie Ledecky, and Missy Franklin. He knows what it takes to develop elite swimmers, and he shares his insights in this book.

In addition to being the most authoritative guide to raising elite swimmers, *Developing Swimmers* is also the most comprehensive. The book covers all aspects of swimming, from technique to training to nutrition to recovery. Brooks provides in-depth advice on every topic, and he does so in a clear and concise way.

Finally, *Developing Swimmers* is the only book that offers a unique perspective on the sport. Brooks shares his insights on the role of parents in the development of young swimmers and the importance of creating a positive and supportive training environment.

If you are serious about raising an elite swimmer, then you need to read *Developing Swimmers*. The book is the most comprehensive and authoritative guide to raising elite swimmers, and it offers a unique perspective on the sport.

With *Developing Swimmers*, you will have the tools and knowledge you need to help your swimmer reach their full potential.



## **Developing Swimmers** by Michael Brooks

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