



One Hour Workouts: 100 Short Course Swim Workouts Averaging 2500 Yards or Meters

Geoff Clark

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This book is great for intermediate swimmers, determined beginners, or returning advanced swimmers. The pages are waterproof and it comes with a stand to make it easy to place the book poolside while you do your workout.

Includes 100 different workouts a yard and Meter conversion table and your own personal log page to keep track of your own progress.

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