



Swim Better: A Guide to Greater Efficiency for Swimmers and Instructors

Robert Colyer

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Bob Colyer has spent a career helping struggling swimmers become relaxed and efficient. Influenced by many of the world's finest teachers and coaches, he simplifies the process into understanding two Fundamentals and following two Rules. The teacher/coach guides swimmers through a relaxed start used for all strokes, and builds each by a series of steps that lead to long and comfortable stroking.

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