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7 Reviews. Editors Riewald and Rodeo assemble many of the world's leading swimming experts to reveal the latest in research, technology, training, and performance across the sport.

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Swimming is superb aerobic exercise (vigorous exercise that really pumps your heart and lungs) and very tiring; the two things are, of course, connected. You can swim further for longer by swimming more efficiently, which means using as little energy as possible for each stroke by minimizing drag, and getting as much forward propulsion as you can.

The science of swimming - Explain that Stuff

However, as the world's most renowned coaches, athletes, trainers,

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and researchers know, there is no secret—just science. Science of Swimming Faster is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource:

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Science of Swimming Faster is a remarkable achiev In a sport where victory is often determined by a fraction of a second, it's

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obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret-just science.

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