



# Swim Better, Swim Faster

*Paul Mason*

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Do you want to improve your front crawl?

- Does it feel like you're splashing up and down the pool, while others glide smoothly through the water?
- Do you wish you could do more than a few lengths of front crawl before having to switch to breaststroke?
- Would you like to enter triathlons or charity swims, but find the idea of a long swim leg daunting?
- Does your triathlon swim never seem to improve, however much you train?

If you answered any of these questions with a 'Yes', *Swim Better, Swim Faster* can help. Working on the separate elements of your stroke, it is surprisingly simple to develop a more efficient front crawl, reducing the amount of effort and energy you expend and making you quicker in the water.

*Swim Better, Swim Faster* is aimed at keen swimmers who want to improve their front-crawl technique. It offers clear advice and drills that target specific series of movements, creating the muscle memory for a more streamlined and efficient stroke. The contents are based on the approach used in the successful Swim Better Fast clinics, which help fitness swimmers, open-water racers and triathletes improve their technique and enjoyment of swimming. Front crawl is also an excellent, impact-free aerobic workout that keeps the spine and body aligned. With the techniques acquired you can sustain longer sessions and access this wellspring of fitness.

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