



# Open Water Swimming

*Steven Munatones*

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Swim faster, stronger, and more efficiently. Whether you are a dedicated open-water swimmer or a triathlete looking to conquer the sport's most challenging event, *Open Water Swimming* is your complete guide to improving your performance and decreasing your time.

In *Open Water Swimming*, renowned marathon swimmer, coach, and commentator Steven Munatones shares his insights and expertise on preparing, training, and competing in open-water events. From triathlon to marathon and all distances in between, you'll learn these tactics:

- Refine your freestyle stroke to improve power, speed, effectiveness, and navigational IQ.
- Pace yourself, and conserve energy, for faster finishes.
- Train for every event with conditioning programs for short, Olympic, marathon, and triathlon distances.
- Shave seconds off your time with professional tactics for starts, turns, feedings, transitions, and finishes.
- Incorporate the racing strategies of the most successful swimmers in the sport.
- Prepare physically and psychologically for the demands of competition.

From the art of efficient pack swimming to the best dryland and pool workouts for improving endurance, strength, and power, *Open Water Swimming* covers it all. Read it, refer to it, and rely on it for improved results and faster times!

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