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The 100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

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"Strength Training for Faster Swimming" is her 11th book, following the three book series "Coach Blythe's Swim Workouts", the successful book "The 100 Best Swimming Drills" published in 2007, and "Masters Swimming - A Manual" published in 2006.

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Description of the book "100 Best Swimming Drills": Achieving better swimming is a matter of swimming efficiently. While proper technique is the foundation of good swimming, it is often difficult to isolate a technique problem by simply swimming laps.

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Blythe Lucero (Author of The 100 Best Swimming Drills)

Blythe Lucero is the author of The 100 Best Swimming Drills (3.98 avg rating, 46 ratings, 3 reviews, published 2007), Strength Training for Faster Swimmer

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Blythe Lucero has been coaching swimming for more than 25 years. She currently oversees two teams, Berkeley Aquatic Masters, and Berkeley Barracudas, where she brings her passion for swimming to the development and training of swimmers of all ages, from novice to world class.

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Achieving better swimming is a matter of swimming efficiently. While proper technique is the foundation of good swimming, it is often difficult to isolate a technique problem by simply swimming laps. Stroke flaws can slow a swimmer's progress and can even lead to injury if continued over time. Related

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