

Contents

Foreword	vii
Preface	ix
Acknowledgments	xiii

Part I Taking the Plunge **1**

Chapter 1	Start With a Vision, Train With a Plan	3
Chapter 2	Set the Stage for Success	11
Chapter 3	Develop Your Water Sense	19

Part II Fine-Tuning Your Strokes **29**

Chapter 4	Freestyle	31
Chapter 5	Backstroke	43
Chapter 6	Butterfly.	51
Chapter 7	Breaststroke	61
Chapter 8	Starts, Turns, and Finishes.	71

Foreword

The first time I met Jim Montgomery, one of my heroes in the sport of swimming, I broke a world record with him. How's that for an introduction? In 1978 I made my first national team for the World Championships, and one of the events I swam was the 400 freestyle relay. Jim was on that relay team with me. I had been swimming competitively for only about two years. But of course, was coming off the 1976 Olympic team as one of their stars. We won the gold at the World Championships and secured the world record. I will never forget the joy of that moment. Jim gave me an even better gift than the gold medal. I adopted his ability to keep his emotions on an even keel. Jim looked

Part III Conditioning for Success **93**

Chapter 9	Workout Essentials	95
Chapter 10	Pool Workouts	105
Chapter 11	Dry-Land Training	125
Chapter 12	Open-Water Training	141
Chapter 13	Make Your Plan for Success	153

Part IV Competition **169**

Chapter 14	Competing in Pool Events	171
Chapter 15	Competing in Open Water	183

Appendix 201

Bibliography 203

Index 204

About the Authors 209