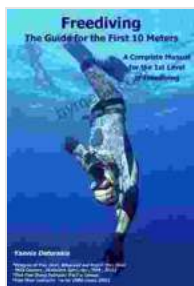


The Guide For The First 10 Meters: The Ultimate Guide to Swimming Success



Swimming is a great way to get in shape, have fun, and relax. But if you're new to swimming, or if you're looking to improve your skills, then you need The Guide For The First 10 Meters.

This comprehensive book covers everything you need to know about swimming, from basic techniques to advanced training methods. It's packed with tips and advice from some of the world's top swimmers, so you can learn from the best.



Freediving: The Guide for the First 10 Meters: A Complete Manual for the 1st Level of Freediving

by Yannis Detorakis

★★★★☆ 4 out of 5

Language : English
File size : 8227 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 261 pages
Lending : Enabled



What You'll Learn in The Guide For The First 10 Meters

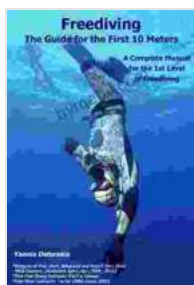
- The basics of swimming, including how to float, how to breathe, and how to move through the water
- Different swimming strokes, including the freestyle, backstroke, breaststroke, and butterfly
- How to improve your endurance, speed, and technique
- How to train for a swimming competition
- How to avoid common swimming injuries
- And much more!

Whether you're a beginner or an experienced swimmer, The Guide For The First 10 Meters has something for you. This book will help you take your swimming to the next level.

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