

# Getting Fit 12-week Guide: Swimming

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# Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.

(Nakia Toy Jr.)

## **GETTING FIT 12-WEEK GUIDE: SWIMMING**



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IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Getting Fit 12-week Guide: Swimming, Paul Cowcher, Daniel Ford, "12-week guide: Swimming" offers an achievable step-by-step guide to help get an unfit person to a definable goal - a 400 metre swim in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps with a weekly programme plus basic tips on nutrition, motivation, stretching and so on. The emphasis is on a very gradual approach towards achieving the goal so that the reader feels comfortable and there is constant reaffirmation of achievements as he/she works through the programme. There will also be sections for the reader's own notes, which are important for that all-important feeling of success as he/she works towards the ultimate goal of looking better and feeling fitter.

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