



# Open Water Swimming: A Complete Guide for Distance Swimmers and Triathletes

*Penny Lee Dean*

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Author Penny Lee Dean, a swimming legend and world record holder in 13 events, shares her unique knowledge of racing and solo swims in *Open Water Swimming*. From techniques for swimming in a crowd to navigating a straight line, Dean provides invaluable advice to long-distance swimmers, marathon swimmers, triathletes, and their coaches.

Whether you're a beginning open water swimmer, an accomplished swimmer about to brave the English Channel (which Dean did in world-record time) or a coach for aspiring distance swimmers or triathletes, *Open Water Swimming* provides the conditioning plans, event profiles, and mental training techniques you need to succeed.

*Open Water Swimming* also features:

- 13 stretches for increased flexibility and smooth stroke technique,
- 16 practice drills for improved form, and
- 43 different workouts for greater endurance.

You'll find profiles of champion open water swimmers and triathletes such as Lynne Cox, Alison Streeter, John York, Captain Matthew Webb, Chad Hundebly, Florence Chadwick, Pete Huisvelds, Shelley Taylor Smith, Paula Newby-Fraser, Karen Smyers, Mike Pigg, and many others.

*Open Water Swimming* also provides contact information for national and international triathlon and swimming organizations as well as race information for 10 open water marathon swims and 11 international triathlon events.

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