

## Science Of Swimming Faster

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Once you've mastered the basic science of swimming, minimizing your drag in the water is the next step: that will help you swim faster and for longer, using the minimum amount of energy in the process.

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The speediest swimming style may be a version of the dolphin kick known as the fish kick, a difficult stroke to master, performed entirely while the swimmer is submerged. And whether it's the fastest stroke, it's still up for debate between coaches and swimmers. But my next guest is here to tell us about the science of swimming.

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The Science of Swimming Faster is just about every Internet search I have performed on swimming in one tome. The target audience may very well be coaches and the elite circles of swimming, but the swimmer who cannot bear to put his face in the water will benefit as well.

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