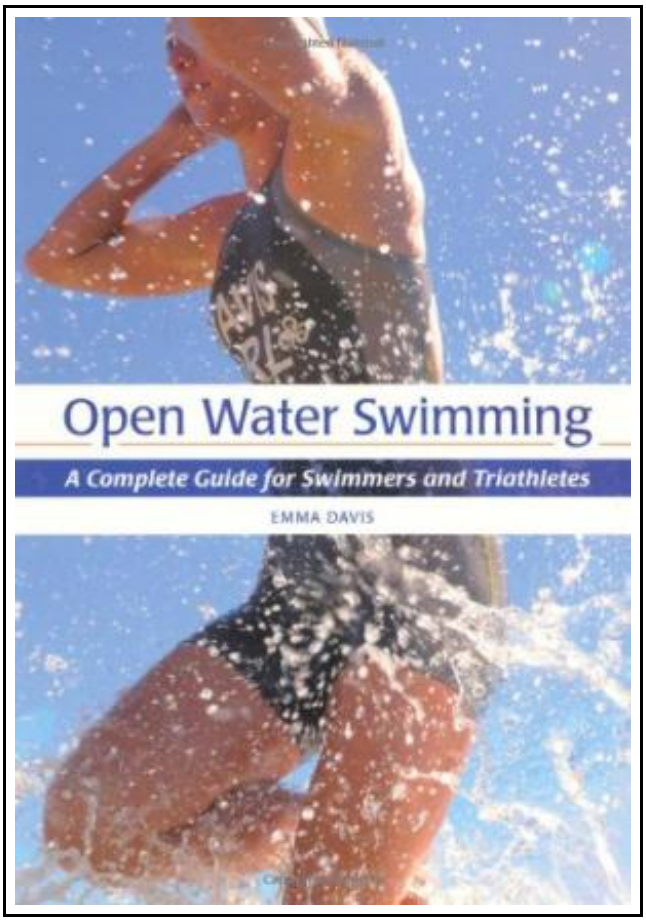
# Open Water Swimming: A Complete Guide for Swimmers and Triathletes

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***(Kevin Quigley)***

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The Crowood Press Ltd. Paperback. Book Condition: new. BRAND NEW, Open Water Swimming: A Complete Guide for Swimmers and Triathletes, Emma Davis, Open Water Swimming: A Complete Guide for Swimmers and Triathletes is aimed at all levels of open water swimmer, from beginners right through to competing professionals. It covers all aspects of the sport: its history and health benefits; a through introduction to getting started; a full discussion on training equipment and how it should be used; the safety and legal aspects of choosing a suitable location for swimming; acclimatization for both the beginner and the experienced swimmer. The author then goes on to explain in detail all technical aspects of open water swimming; sighting; drafting; turning around buoys; and entraces, exits and transitions.

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