

Swim Training Plan

20 Workouts for Beginners
with Tips and Guidelines



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Coach Alex

- 20 Years of competitive swimming
- Bachelor's degree in sports, exercise and health
- Master's degree in elite sports

Long Distance Swimming Training Plan By Kate Vines

Sam Fury, Shumona Mallick



Long Distance Swimming Training Plan By Kate Vines:

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copy of Survival Swimming Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival and increase your swimming skills today

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