

Janet Evans Total Swimming

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Janet Evans Total Swimming

Whether you have been swimming laps for years, want to get back into the water, or have a competitive streak for masters meets or triathlons, Janet Evans' Total Swimming has you covered. A total of 60 workouts and 12 progressive programs allow you to tailor your swim sessions by distance, intensity, and goal.

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Janet Evans' Total Swimming by Janet Evans

Janet Evans' Total Swimming. About the Author; Janet Evans, three-time Olympian and four-time individual Olympic gold medalist, is considered the greatest female distance swimmer of all time.

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Janet Evans' Total Swimming PDF - Human Kinetics Canada

Janet Beth Evans (born August 28, 1971) is an American former competition swimmer who specialized in distance freestyle events. Evans was a world champion and world record-holder, and won a total of four gold medals at the 1988 and the 1992 Olympics.

Janet Evans - Wikipedia

Historically some great distance swimmers have used the Two Beat Kick: Janet Evans is the greatest female distance swimmer of all time. Her world records at 400, 800 and 1500 metres stood for 19 years. Sun Yang holds world records in 800 and 1500 metres using a two beat kick for most of the race.

The Two Beat Kick for Total Immersion Swimming - James ...

Despite her small size and unorthodox windmill stroke, Janet Evans was a natural-born swimmer who was swimming laps at the age of two. By the end of her storied career, she was considered to be the greatest female distance swimmer of all time.

Janet Evans

Janet has also made great strides out of the pool, making a name for herself as a commercial spokesperson, author, and reality television personality. Published in 2007, her popular book Total Swimming offers fitness programs, workouts, and proper swim techniques to readers.

Janet Evans : Olympic Swimmer & Motivational Speaker ...

Janet Evans has to be on this list. There is no more prestigious form of swimming than freestyle swimming, because the freestyle is the fastest swim race of them all. The 800-meter freestyle is akin to the 10,000-meter track race at the Olympics.

Legendary USC Olympians: Janet Evans

Improve your fitness level, achieve your swimming goals, and maximize your workouts with the help of four-time Olympic gold medalist Janet Evans! Whether you have been swimming laps for years, want to get back into the water, or have a competitive streak for masters meets or triathlons, Janet Evans' Total Swimming has you covered. A total of 60 workouts and 12 progressive programs allow you to ...

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Janet Evans' Total Swimming by Janet Evans, Paperback ...

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Janet Evans' Total Swimming eBook: Evans, Janet: Amazon.co ...

This is an excerpt from Janet Evans' Total Swimming by Janet Evans.. The benefits of swimming are numerous, significant, and undeniable. Swimming can be beneficial to people across a broad range of ages and abilities: the very young to the very old, the very slow to the very fast, those with injuries or degenerative conditions, pregnant women, beginner to serious athletes, and fitness buffs.

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Why choose swimming? - Human Kinetics

Whether you have been swimming laps for years, want to get back into the water, or have a competitive streak for masters meets or triathlons, Janet Evans' Total Swimming has you covered. A total of 60 workouts and 12 progressive programs allow you to tailor your swim sessions by distance, intensity, and goal.

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Janet Evans is widely considered to be the greatest female distance swimmer in history. Despite her small size and unorthodox windmill stroke, she was a natural-born swimmer, completing laps by the age of two. In 1987, when she was 15 years old, Janet burst onto the international swimming scene, breaking world records in the 400m, 800m and the 1500m freestyle.

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