

Vol. 2

CONTENTS

Preface		ix
Acknowledgments		xiii
Chapter 1	Reducing Water Resistance	1
Chapter 2	A Brief History of Swimming Propulsion Theories	41
Chapter 3	Some Unique Facets of Swimming Propulsion	91
Chapter 4	The Front Crawl Stroke	121
Chapter 5	The Back Crawl Stroke	203
Chapter 6	Butterfly	261
Chapter 7	Breaststroke	307
Chapter 8	Stroke Rates and Stroke Lengths	379
Author's Contact Information		401
Index		403