

100% WATERPROOF

THE WATERPROOF SWIMMER

MORE SWIMMING WORKOUTS
FOR SWIMMERS AND TRIATHLETES

13,000
combinations
of swimming
workouts!!

BY THOMAS DENES

AUTHOR OF THE WATERPROOF COACH

**Irreverent
and fun!**

Picking up where *The Waterproof Coach* left off, *The Waterproof Swimmer* offers more fun and challenging swimmer workouts. This book presents swimming concepts in an entertaining manner, suitable for both young and old swimmers and triathletes.

The pages can be mixed and matched to create 16,000 combinations of workouts. And it's waterproof so you can take it use it on the pool deck!

**No more
boring
workouts!**

**“Introducing training to the ‘swim world’
through coach-swimmer dialogue is
a very interesting concept!”**

– *Dorota Hassett, former member
Polish National Swim Team*

“Informative, snappy, and funny.”

– *Dottie Buchhagen, USMS swimmer*

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