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Whether you have been swimming laps

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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 pr Improve your fitness level, achieve your swimming goals, and maximize your workouts with the help of four-time Olympic gold medalist Janet Evans!

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Janet Evans' Total Swimming by 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

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programs allow you to tailor your swim sessions by distance, intensity, and goal.

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**Janet Evans' Total Swimming:
Evans, Janet: 9780736068482 ...**

Janet Evans' Total Swimming About the Author; Janet Evans, three-time

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Olympian and four-time individual Olympic gold medalist, is considered the greatest female distance swimmer of all time.

Now Available: Janet Evans' Total Swimming Book - Swimming ...

Janet Evans, three-time Olympian and four-time individual Olympic gold

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medalist, is considered the greatest female distance swimmer of all time. By age 11, she was setting national age-group records, and in 1987 she set world records in the 400-, 800-, and 1,500-meter freestyle.

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Whether you have been swimming laps for year, 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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programs allow you to tailor your swim sessions by distance, intensity, and goal.

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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

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end of her storied career, she was considered to be the greatest female distance swimmer of all time.

Janet Evans

200 m freestyle. Janet Beth Evans (born August 28, 1971) is an American former competition swimmer who specialized in distance freestyle events. Evans was a

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world champion and world record-holder, and won a total of four gold medals at the 1988 and the 1992 Olympics.

Janet Evans - Wikipedia

Published in 2007, her popular book Total Swimming offers fitness programs, workouts, and proper swim techniques to readers. As a mother, highly

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respected motivational speaker, athlete, and author, Janet always puts forth her greatest effort and succeeds in whatever she puts her mind to.

Janet Evans : Olympic Swimmer & Motivational Speaker ...

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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

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two beat kick for most of the race.

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

Janet Evans was born in Fullerton, California, and swam competitively from a very early age. At two years old, she was already swimming laps, and by three, she could swim at least half of an

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IM! Her first breakout performance was in 1987, when she was fifteen years old—she broke world records in the 400, 800, and 1500-meter freestyle events.

Spotlight: Janet Evans - Women In Swimming

Janet Evans, three-time Olympian and four-time individual Olympic gold

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medalist, is considered the greatest female distance swimmer of all time. By age 11, she was setting national age-group records, and in 1987 she set world records in the 400-, 800-, and 1,500-meter freestyle.

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