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Taormina Sheila is the author of Swim Speed Strokes for Swimmers and Triathletes (4.00 avg rating, 2 ratings, 0 reviews, published 2014) register; tour; sign in; Home;

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Usa swimming - swim speed workouts: workout 1-1

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Which arm is swimming which stroke? a quiz for

Each of the four strokes butterfly, backstroke, breaststroke, Sheila Taormina s Swim Speed Series reveals and tagged fastest way to swim, freestyle

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And if you are interested in applying Sheila's approach to all four competitive swimming strokes, consider Swim Speed Swim Speed Strokes shows why stroke data

Swim speed secrets - the fastest way to swim

USA Triathlon has approved 8 of Sheila Taormina's Swim Speed Secrets clinics for Continuing Education Units (CEUs) for USA Triathlon coaches!

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Master elite swimming technique with swim speed

Sheila Taormina's Swim Speed Series reveals the world's fastest way to swim. The series is available in bookstores, swim and tri shops, from the publisher