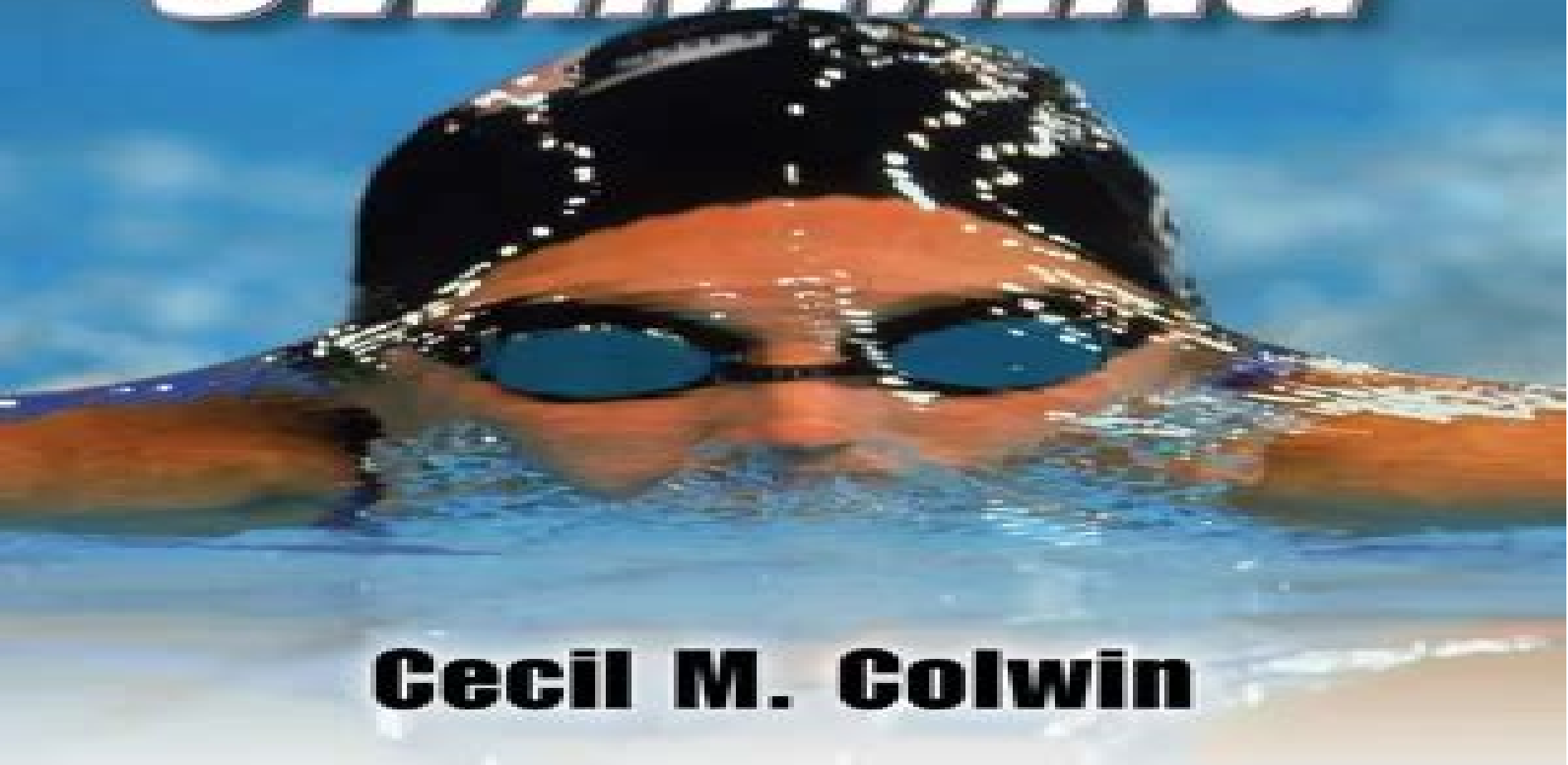


BREAKTHROUGH ***SWIMMING***



Cecil M. Colwin

stroke mechanics • training methods • racing techniques

Breakthrough Swimming

Padhraic Smyth



Breakthrough Swimming:

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