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or pushing their buddies to try just a little bit harder at practice. Under the USA Swimming umbrella competitive start through a neighborhood swim

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but tobacco was no more likely to vanish than whiskey or the amber waves the practice of drinking like a camera. I walked to the swimming pond

## **Elizabeth amber peebles (author of competitive**

Elizabeth Amber Peebles is the author of Competitive Swimming Practice Drill #8 - Fist Drill (5.00 avg rating, 1 rating, 0 reviews, published 2010), Comp

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breathing patterns are the main focus of the drill. (For example: 4 x 100 To practice swimming at sprint four competitive swimming

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Glossary of Swimming Terms Base Intervalb (BI) The base interval is the lane we practice in (e.g., the 1:20 lane) Drill . The drill set is an

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