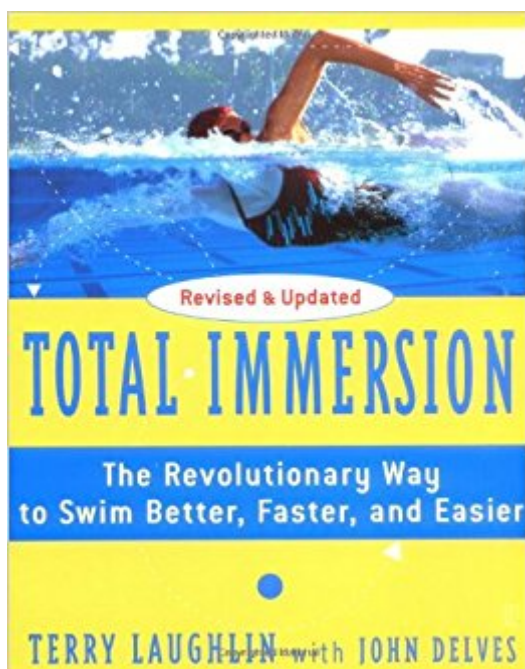


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# Total Immersion: The Revolutionary Way To Swim Better, Faster, And Easier



## Synopsis

Swim better and enjoy every lap with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world's #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you're an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it's mindful fluid movement not athletic ability that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features:

- A thoughtfully choreographed series of skill drills practiced in the mindful spirit of yoga that can help anyone swim more enjoyably
- A holistic approach to becoming one with the water and to developing a swimming style that's always comfortable
- Simple but thorough guidance on how to improve fitness and form
- A complementary land-and-water program for achieving a strong and supple body at any age

Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

## Book Information

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## Customer Reviews

Masters swimmer and acclaimed coach Terry Laughlin has taught thousands to swim more efficiently in the workshops he has given across the United States. In his book Laughlin details simple, step-by-step drills emphasizing the importance of technique and an innovative workout regimen. --This text refers to an out of print or unavailable edition of this title.

Eddie Reese 1992, 1996, 2000, and 2004 United States Olympic Coach and Head Coach, University of Texas (six-time NCAA champions) The most valuable service a good coach provides is to sharpen your technique, not make you work harder. Terry Laughlin has done an outstanding job of simplifying that complex job, providing practical tools that will work for any coach or teacher. David Marsh 1996, 2000, and 2004 United States Olympic Coach and Head Coach, Auburn University (2003 NCAA Men's and Women's champions) Total Immersion can help anyone learn to be a better swimmer, regardless of ability. Terry Laughlin makes an improved stroke simple for the novice, yet I've seen his methods work for elite swimmers, too.

Please understand, I'm rating the book here, not the swimming method. Understand also that I'm old, a senior who led an active outdoor life until my knees gave out, and I washed up into the backwater of swimming and kayaking, all that remains for the older athlete when your legs give out. There are a lot of similarities between TI swimming and kayaking, as both are somewhat concerned with a principle of that naval architects call "hull speed." Conceptually, the idea of hull speed has been known since ancient times, although modern mathematical formulae can define it precisely. It's simple: All else being equal, long slender ships go faster than shorter, wider ones. If you want to go faster with the same human propulsion engine, you either make your boat longer or you make the beam (the width) narrower. In TI swimming, you increase speed and glide by shaping your body into a longer hull by keeping one arm (alternatingly) extended, and you reduce your beam (width) in the water by swimming on your side. You use body torsioning for propulsion as well as arm motion, and you don't kick a lot because kicking disturbs the smooth flow of water around the body hull. Essentially, in TI swimming, you make your body into a sleek kayak hull, and by smoothly separating the water column in front of you, and smoothly bringing it back together again behind you, you get more "slippery" and thus achieve higher hull speed. And you don't splash or cause water turbulence that slows you down. I first heard of TI swimming from an Australian woman in a hostel in British Columbia. She took 20 minutes to describe it to me, and it improved my swimming efficiency immensely the same day. Then I bought the Kindle edition of the TI instruction book, and my progress stalled immediately. Words, words, words! Notwithstanding what other reviewers have said, the book is hortatory to excess in wanting to convert those already converted, it lacks photographs, drawings and other illustrations to "show" you visually what's going on. It relies on the minutiae of "coach talk" (although professing to do the opposite!) for every description, and speaks excessively of "training" and "drills," which may appeal to a certain class of competitive athlete

interested in winning races, but leaves me dead on arrival. Without illustrations, the book is sheer drudgery to read. I return to it now and again as ritual penance for perceived wrongdoing, and each time I return to it, I find myself bored to death and wanting to review it on to warn others like me that the method is good, but the writing of the book is just plain bad. A competitive swimmer or triathlete would understandably disagree because coaching, training, drills and dedication may be music to his ears. I've had the book a year now, and haven't been able to finish it. I watched every TI video on YouTube and even bought one of the TI videos on "breathing" (worthless, same criticism as of the book) and just by watching the YouTube videos, I've been able to master some of the techniques. I like the method; it's good, but I understand it simply as good naval architecture designed to increase hull speed. It works. It's graceful and quiet. But TI needs to hire a professional technical writer to rewrite a version with illustrations for the common man who isn't a competitive swimmer or triathlete, and who isn't interested in personal bests or races, a version for somebody who just wants to learn from good pictures and illustrations with well-designed, descriptive captions, and wants to swim effortlessly and gracefully in a noncompetitive world of his own.

I'm not a big swimmer, but I heard so much about this book that I had to check it out- and I'm glad I did. This book will save a lot of people who are trying to learn to swim better a lot of time. Here's why:-the book concentrates on swimming technique, correct position, and how you're suppose to feel in the water-the book gives you drills to reinforce the most efficient way to swim-the book is very scientific and the info is based on hydrodynamicsThe book covers a lot of ground, but the authors writing style makes it go by quickly (at least it did for me). The pictures were good and I thought the explanations of the techniques and the "why" behind them was very understandable. Not sure about the rotator cuff routine in Chapter 16 though- it's kinda long and I'm not sure if some of the exercises like the reverse biceps curl is really necessary (rec.Ã Â Bulletproof Your ShoulderÃ Â for swimmers who have shoulder issues).In conclusion, I found the book very enlightening and recommend it to anyone (young OR old) who wants to learn how to swim more efficiently by learning the correct swimming techniques. The author obviously loves swimming and has brought all his years of experience and research into one handy resource.

I've just started looking at this book but I am puzzled/confused by the paucity of illustrations. I just recently started a swimming program and am already having shoulder pain, so I looked in the book for shoulder exercises and stretches and they have some--in Ch. 15--but they are completely unillustrated so, for me at least, they are almost completely useless. Maybe there are people who

can figure out stretches from reading about them but I am not one of them. If you are in jail or a body cast, though, this may provide hours of diversion. Can anyone recommend an illustrated book of swimming stretches/exercises?

I have been swimming the "wrong way" for about 70 years. This book is an eye opener for me; I wish I could give it 5 stars, but the impossibility of the writing gets in the way of that. There are five things we need to do to swim the TI way: roll the whole body to both the right and left; reach with each arm in its turn as if for the wall ahead; aim the navel at the side walls when rolling side to side; use the power generated by the hips to kick; and "swim downhill"--a term that means push down your "buoy" or chest to achieve a flotation balance. This goes contrary to the years of swimming most of us have come through. But it does make sense in the pool and it is a most valuable book in spite of its impossible "drills" its constant use of strange and weird terms. If you can sift out the valuable parts you will have come a long way.

This book has given me exactly what I was looking for and more. I was an avid fitness swimmer in college. After a hiatus of more than 15 years, I have returned to it for cross training. I bought this book because I was looking for something that would help cure the old aches and pains that had resurfaced. It certainly achieved that. This book has empowered me to achieve speed and endurance that I had thought were out of my reach because I was never a competitive swimmer who trained 4,000 - 5,000 yards per day, 5 days per week. I was happy to find out that I was wrong about that. I am now well on my way to those achievements only swimming twice per week.

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