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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

This swimming review's all wet: swim speed strokes

We review the Swim Speed Strokes book and AquaSphere's new AquaLight swimwear. Who says swimming is for summer?

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Swim speed secrets for swimmers and triathletes

to help triathletes and swimmers overhaul their swim stroke and find the speed that's been to transition to faster swimming. *Swim Speed Secrets*

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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