

# **The Ultimate Guide To Swimming Front Crawl: Including, Triathlon & Event Swimming, Front Crawl Turns, Drills & Land Training (The Front Crawl Series Book 5) [Kindle Edition] By Mark Durnford**

**By Mark Durnford**

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<http://leuktc2902.tblog.com/archive/2013/10/>

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the ultimate guide to swimming front crawl It includes Land Training Exercises, Front Crawl Drills and instruction on performing the perfect Mark Durnford

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