

## Science Of Swimming Faster

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Once you've mastered the basic science of swimming, minimizing your drag in the water is the next step: that will help you swim faster and for longer, using the minimum amount of energy in the process.

### The science of swimming - Explain that Stuff

Science of Swimming Faster is a remarkable achiev in a sport where victory is often determined by a fraction of a second, it's obvious why one of the most sought-after secrets is how to swim faster. However, as the world's most renowned coaches, athletes, trainers, and researchers know, there is no secret-just science.

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The speediest swimming style may be a version of the dolphin kick known as the fish kick, a difficult stroke to master, performed entirely while the swimmer is submerged. And whether it's the fastest stroke, it's still up for debate between coaches and swimmers. But my next guest is here to tell us about the science of swimming.

### The Physics of the Fastest Swim Strokes - Science Friday

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