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Swimming is superb aerobic exercise (vigorous exercise that really pumps your heart and lungs) and very tiring; the two things are, of course, connected. You can swim further for longer by swimming more efficiently, which means using as little energy as possible for each stroke by minimizing drag, and getting as much forward propulsion as you can.

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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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