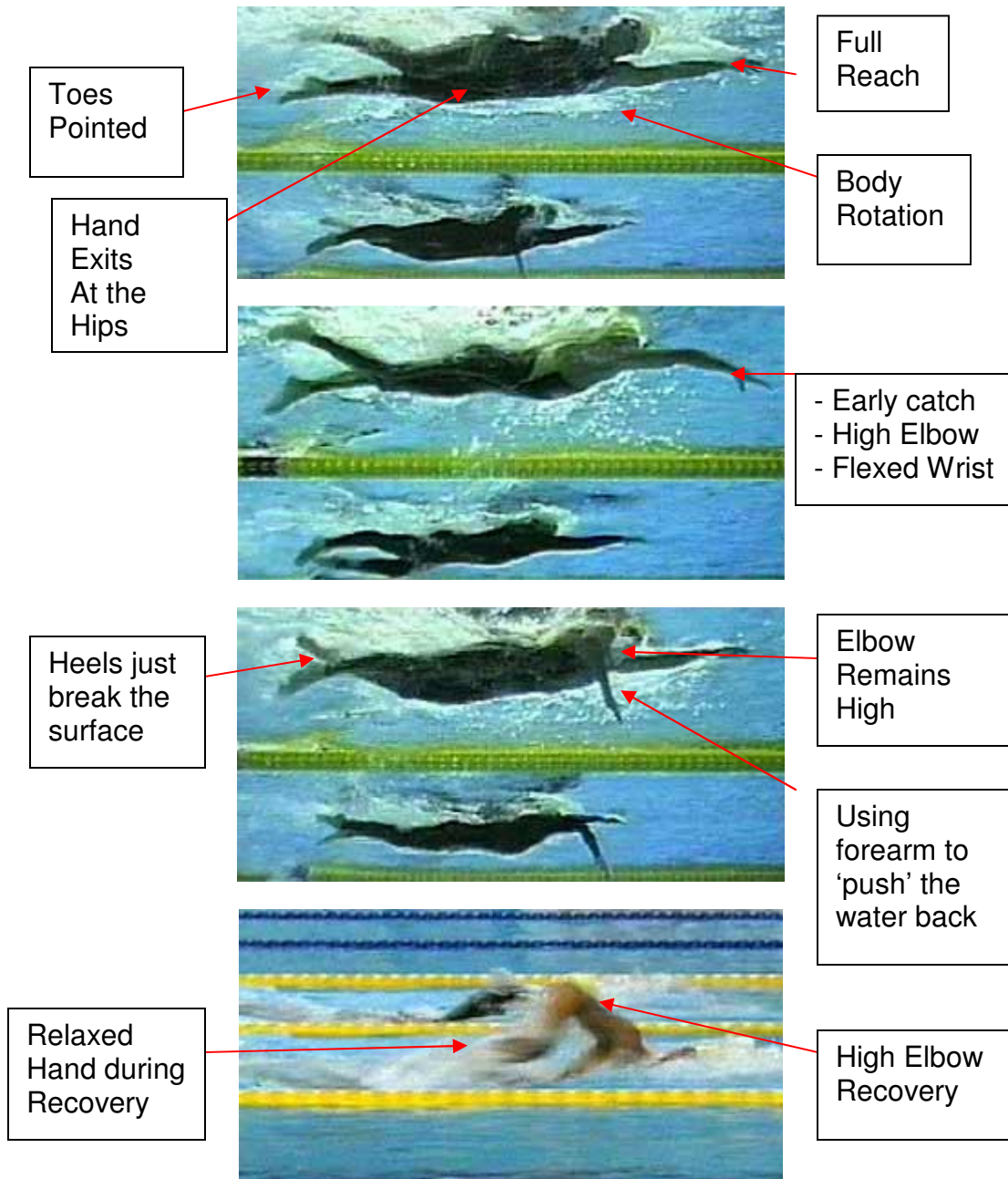


GRANT HACKETT 1500m FREESTYLE WORLD RECORD HOLDER

Below are some underwater shots of Olympic champion Grant Hackett. You will notice several key points next to the photographs that highlight efficient stroking techniques. These can be applied to your own swimming training to improve your performance. Don't forget that we offer underwater stroke analysis for just \$60 in Newcastle. Contact us at: coach@trainingsmartonline.com for further information.



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