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Swimming fast is like solving a puzzle. Your success in swimming is determined by how effectively you put the pieces of the "swimming performance puzzle" together.

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ON THE COVER: When China's Sun Yang releases his fury this summer in London, the sport could very well see freestyle production never before unleashed. Given his lethal combination of speed and endurance, Sun has the ability to medal in the 200, 400 and 1500 freestyles—a feat that has only happened twice in Olympic history! (See story, page 16.) [COVER PHOTO BY CHRISTINNE MUSCH, REUTERS; INSET PHOTO BY SODRE/PROVIDED BY MARCUS MATTIOLI]

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