

## SWIMMING TIPS

### **Do swim frequently**

If you don't average about three swims a week you will lose your feel for the water and your technique will begin to deteriorate. No feel, no technique, no speed. If the option is between one or two long workouts or three or four shorter workouts, swimmers seem to do better when they swim more frequently as opposed to only doing a few longer workouts each week.

### **Do swim with good technique**

Maintain the best possible technique at all speeds during a workout. If you try to go fast with bad technique, you are wasting energy. If you can teach yourself to go fast while using good technique, you will make bigger gains.

### **Do drills as part of every swimming workout**

Early in your workout, in the middle of your workout, or at the end of your workout (or any combination of the three!) do some specific technique work to reinforce good swimming skills. There are many drills you can do to stay tuned up, or to help you develop better technique.

### **Do challenging workouts**

One or two times a week (depending upon how frequently you swim) do part of your workout with oomph - push the effort, go hard, whatever you want to call it. If all of your workouts are focused on technique, your technique will improve. But what will happen when you try to go faster? You will get tired, your technique will deteriorate, and you might as well call it a day. If you are doing some hard or challenging workouts - mixed in with technique work - as different workouts or as part of the same workout - you will learn how to hold good technique while going faster.

### **Do easy workouts**

Depending upon your swimming goals, there may be no reason to do more than one or two tough workout sets a week, as long as you do one or two easier workouts, too. Work hard on the hard things, and easy on the easy things, and each kind of work will give better results.

### **Do streamlines**

It might be a start, a push-off, or a turn, but you should always do things the same way - streamline, then into the transition between the streamline and swimming. But first, always a streamline.

### **Do leave the wall the same way every time**

Always push off the walls the way you would if you were coming out of a turn. When you starting a set, you should push off the wall exactly the same way that you would be pushing off the wall if you were coming out of a turn. Most races have more turns than starts, and getting some extra practice with any part of a turn is a bonus.

### **Do wear a swimsuit made for competitive swimming**

This doesn't mean spend \$300 on the latest and greatest high-tech slicker than skin piece of swim wear. It means don't wear baggy beach shorts if you are trying to improve your technique or go learn how to hold technique when going faster. There are times to wear a swimsuit that gives you some extra drag, but not before you have mastered good technique.

### **Do ask someone to watch you swim**

Better yet, get someone to video you. Getting some eyes to watch what you do (or using your own via a video review) while you are moving through the pool can yield some great feedback on your swimming technique that you may have not realized.

### **Do use flippers occasionally**

Among other benefits, swim fins or flippers can help you achieve (artificially) a better body position and you will learn what that position feels like while moving. Then, when the flippers are off, you can try to recreate that position by feel, since you will already have a better idea what it will feel like when you get there.

## Open Water Training... In the Pool

by Sara McLarty

Many swimmers don't have easy access to open water for training. It could be because of cold winter temperatures, polluted or unsafe conditions, or a lack of open water nearby. Instead of settling for being ill-prepared or endangering yourself trying to swim in unsuitable waters, try some of these training ideas at the pool. Practice these open water swimming drills at your neighborhood pool:

- **Flip at the 'T'** - do a long swim where you never touch the wall (ex: 1000), flip turn at the 'T' before the wall
- **Sight Your Coach** - swim coaches usually pace the pool deck...pretend they are the buoy you are looking for
- **Water-Polo Drill** - swim with you head up for a whole lap (ex: 6x25), build strength in your neck
- **Dolphin Dive** - practice your dolphin dives in the shallow end of the pool (always lead with your hands to protect your head/neck)
- **Hypoxic Breathing** - increase the number of strokes you take between breathes to increase your lung capacity (ex: 4x200 with 3/5/7/9 breathing pattern by 50)
- **Turn in the Middle** - pretend there is a buoy in the middle of the lane and turn 180 degrees around it (ex: 6x25)
- **Three Wide** - recruit two of your teammates for some side-by-side swimming, alternate who swims in the middle! (ex: 6x25)
- **Drafting** - start 1 second apart during a long swim set (ex: 4x400), alternate who leads the lane

These fun and challenging drills can be incorporated right into your regular swim practice. Not only will they be a change from your regular exercises, they will also prepare you for the triathlon and open water swimming season (which is right around the corner)! Be creative and make it enjoyable!

## Pre-Event Course Review

*What type of swim start (there are three basic types):*

- Pontoon Dive (Gamagori, Ishigaki)
  - Deep Water (Ironman Frankfurt)
  - Waters Edge (La Paz, Rennes)
- 
- Check for the following points:*
- Does one side get to porpoise?
  - Does one side (or position) have smaller waves?
  - Is one side closer to the first turn?
  - How far is each leg?
  - Is there one or two laps?
  - Can you run in further on one side?
  - The under footing, is it good across the whole start area? Holes?
  - How many athletes?
  - Will it be crowded or open for the start?
  - Any dangers to watch (boats in the harbor, pylons, rocks under the water?)
  - Athlete to start beside? On your favored breathing side, so you can slot in behind them as they pull ahead.
  - If you're not seeded, what do you do?
  - How will athletes be called to the start area?
  - Top 10 and then a free for all?

*Reading the Conditions:*

- How will the wind affect the swim?
- On each Leg?
- Will the swimmers tend to drift in a certain direction?
- How will the current affect the swim?
- What is the tide doing?
- What is the water temperature (The real temperature!)?
- How does that affect your warm-up?
- Wetsuit/No Wetsuit?
- Clockwise/Counter Clockwise?
- Think about what everyone else is likely to do.
- Determine if there is a favored position given the conditions and what most competitors will do. Is there a swimmer that is stronger than everyone else? If so then this is where the race will develop. Knowing this what can you do to make the most of your potential swim performance?

*Swim Exit and Depth:*

- How far from the shore can you stand?
- What land marks can you sight off?
- When you can see the bottom (too deep to stand - need to stand before you can see the bottom)?
- Is it safe to stand early or does the bottom have sharp objects?
- Do you need to porpoise? How many?

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Gladstone  
Community Center



**U.S. MASTERS  
SWIMMING**

# US MASTERS SWIMMING IS HERE!

*What is US Masters  
Swimming?*

Masters Swimming is an organized swim program for adults. Members participate in a variety of ways ranging from lap swimming to international competition. Programs are open to all adult swimmers age 18 and over (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

*When are Practices?*

**Training will be held 3 times a week.**

**MONDAY — 7:30 pm to 9:00 pm**  
**THURSDAY — 7:30 pm to 9:00 pm**  
**SATURDAY — 7:00 am to 8:30 am**

*Who will be Coaching?*

**Doug Hayden** — Doug is a life long resident of Gladstone and proponent of swimming. He has been swimming competitively since he was 5 years old, and has been coaching Age Group, Masters Swimming, and private lessons off and on for 26 years. He has held and currently holds several Northland Conference and Missouri Valley Masters records. Doug is known as a technician, and is excited to work with our Gladstone Masters.

*How much will it cost?*

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For more information contact the **Gladstone Community Center**

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