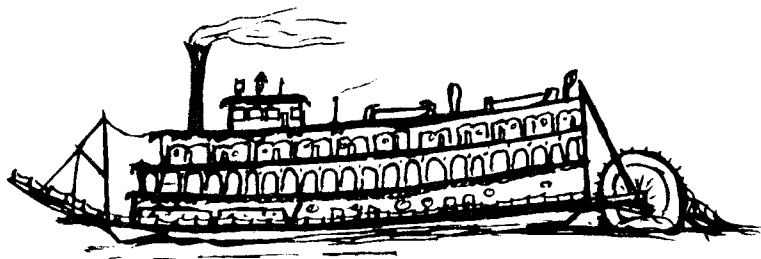


OLD STERNWHEELER'S MASTER'S MONTHLY



April 20, 1977

Hello again, sea nymphs!

This time around we are announcing the proper dates for all these meets so that your Old Sternwheeler doesn't look like it was produced on the Friday before Christmas Vacation by a class of 2nd graders.

Now listen up! The State Meet will be held at Chippewa Jr. High, on Sunday, May 1, starting at 10:00 a.m. (Warm-ups at 9:00 a.m.)

We are also trying to put together a summer schedule. We have commitments from the Northern Shores Aquatic Club to host a Long Course meet on some Saturday morning, but need more meets, preferably long course (50 meter pool) before the Nationals, August 25-28.

Write to Dave or myself if you can help us out.

Dr. Larry Boies, who just returned from the Boston Marathon (3:45:18.0) passes along something he read in "Sports Medicine" magazine. Wild as it sounds, there is an effective way to get rid of muscle cramps. Simply by grabbing your upper lip very firmly and squeezing hard. Larry said that he encountered a leg cramp in The Marathon, and after about four minutes of futile kneading and stretching, he tried this new technique, and the cramp went away in about 30 seconds. In the interest of research, the Old Sternwheeler (who never works hard enough to get a cramp himself) would like to hear from anyone brave enough to try this technique. I'll bet you think I'm pulling your leg, but I'm actually sober and serious. Try it!

SAMPLE WORKOUTS: This month: THE TAPER

The end of each season brings time for a tapering off of the workouts to let the body rest up from all the workouts and prepare for the fastest swimming of the year. You can design your own taper workout, simply warm up with a long, easy swim, with some easy kicking, or perhaps a few one length sprint kicks. Make sure all your strokes feel "Right".

Then, select a few short sprint distances, 50's or 25's, to help develop speed and get the body used to riding high in the water, which it rarely does during a 3000 yard workout. Then, work on some turns, loosen up again, sprint a little more, and cool off with another easy swim before showering up.

When you sprint, swim as close to race speed as you can, and when you can no longer hold a smooth, strong stroke, stop sprinting and work on your starts and turns. Generally, 200 - 300 yards of hard sprinting is about all anyone can handle in one workout. During the taper, rest is the singular purpose of the program, and the governing philosophy of any taper workout should be: "It is better to rest too much, than to rest too little." Have fun, and Good Luck!

THOUGHT FOR THE DAY: Come to the State Meet, May 1st and support your great Minnesota Masters Program!

Taper Workout

1200 EZ Swim, stop
& rest when tired.
2 x 50 fast, rest 5:00
between 50's
5 starts
15 turns
4 x 25 fast, done in 20:00
300 EZ Cool off

Late Breaking Flash!! STAN CHASE of Princeton, in an AAU Club Swim-a-thon, swam a 3 MILE BUTTERFLY on April 2, 1977. He was electronically timed at 1:55:12.5. This record will be submitted to the Guinness Book of World Records. Stan says, "I ended up with a stiff neck" Our congratulations to flakey old Stan, and remember folks, you heard it first in the Old Sternwheeler!