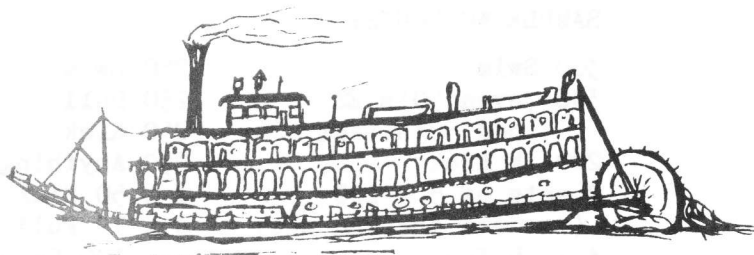


OLD STERNWHEELER'S

MASTER'S MONTHLY



Special First Anniversary Issue
September 18, 1977

Welcome back again, sea nymphs. We've just returned from Spokane and the National Masters Long Course Championships, and are ready for the upcoming fall season. We hope to see you all at Burnsville. At press time, we are hoping with crossed fingers to land the beautiful Hamline University pool for a State Meet in early November.

Over the long weekend of August 25-28, a group of 32 Minnesota Masters swimmers participated in the National Masters Long Course Swimming Championships held in Spokane, Washington. Out of 87 teams from across North America, the Minnesota group, swimming under the colors of the Northern Shores Aquatic Club, finished 5th with 462 points. The High Scorer for the NSAC "Acorns" was Mrs. Mamie J. Brown, who took five 2nd places in the 70-74 age group. Mamie's accomplishments are even more fantastic when we remember that this past spring and summer, the only event that Mamie could swim was the 50 yard free. At Spokane, the 50 meter free was the shortest event she swam, placing in the 50 free, 100m free, 200m free, 100m back, and 200m back! Other high scorers were Ray Hakomaki, with 4 seconds and 1 fourth; Carol Harris, with 2 thirds, 2 fourths, and a fifth. Harry Brown and Gary Bastie also captured 2nds in their specialties.

The weather was less than cooperative, cold, rain, and wind being the rule for the weekend. This kept many of the times on the slow side, but spirits were high, nonetheless. The Minnesota Master swimmer is becoming a bit of a novelty on the National scene, due to the wild, spirited abandon with which we swim and cheer.

Those of you who subscribe to SWIM*MASTER, the monthly newsletter published by the lovely June Krauser, will notice that in the most recent issue there was a reprint of an article which appeared in the "Old Sternwheeler's Masters Monthly". We are flattered that June should reprint some of our rantings and ravings, but most of all wish to give credit to the artist who drew those precious little munchkins in the article. Karen "The Cronj" Butts did the art work. This summer, Karen took some time out of the water to give birth to twin girls, and is now back in the tank, getting into shape.

This is one of the final pleas for subscriptions to our mailing list. If you wish to be included in the mailing, and have not paid your \$3.00 since January 1, 1977, then send \$3.00 and your name, address, zip, and phone to George Hill, 241 Dawn Ave., St. Paul, MN 55112.

Also, if you are a coach, pool manager, or a friend of one of those, we are looking for meets. All you have to do is open the place up, and provide the basic necessities (blocks, lane lines, backstroke flags). We will do the rest. Give your swim club a shot in the arm: host a masters meet! If you can help, call Sue Sherin at 426-2447 (H), Harry Brown 378-5366 (W), or the Old Sternwhaler himself, 484-0210.

Noted physiologist Paul Hutinger is publishing a Masters Swimming journal called "Lane Four". He hopes to include articles relevant to Masters from the physiologist's viewpoint. Paul's address is 815 North Charles, Macomb, Illinois, 61455. I plan to subscribe so I can steal some good stuff for this paper.

SAMPLE WORKOUTS:

300 Swim	250 Swim	500 Warm-up - get split @ 400.
300- even 50's EZ	250 Pull	400 Swim, faster than previous 400, get split @ 300.
odd 50's Fast	250 Kick	300 Swim, faster than previous 300, get split @ 200.
200 IM Kick	250 Anything	200 Swim, etc. get split @ 150.
2 sets of 5 x 100	4 x 50 Kick	150 Swim, etc. get split @ 100.
(descend the 2nd set)	4 x 75 Pull	100 Swim, etc. get split @ 50.
4 x 25 fast	4 x 100 Swim	50 Swim, faster than previous 50 split.
100 EZ	100 EZ	

400 warm-up	200 Swim	300 Swim
250 K, accel. each 25	Repeat this sequence	200 Kick
350 P, accel. each 50	four times:	200 Pull
20 x 50 with reasonable	50 S, 50 K, 50 S,	5 x 50 on 1:20
rest, hold within 3 sec.,	50 P, 50 S.	200 Moderate choice
fastest to slowest.	Negative split a 400.	5 x 50 on 1:10
200 cool down.	anything. (second $\frac{1}{2}$	200 EZ Choice
	faster than first $\frac{1}{2}$)	5 x 50 on 1:00
	Even split a 200 Swim	200 EZ Anything
	(first 100 equal to	5 x 50 on : 50
	second 100).	200 EZ Cool down
	100 EZ	

DO IT YOURSELF STROKE HINTS: This month: pace drills.

The best way to develop a sense of pace is to work with the clock. In workouts, pay attention to the repeats, how they feel, how fast are, how the times drop off when fatigue sets in, how much you need to accelerate each repeat to hold times steady, etc.

One of the best pace techniques is the "Descending Set". By "descending," we don't mean sinking lower and lower in the water on each repeat, but rather lowering the time on each swim. For example, on a set of 6 x 50 on 1:15, a good descending series would look something like this:

41.5 40.8 39.9 38.9 38.2 37.0

If this set were to be swum at maximum effort throughout, the times would probably look like this:

35.0 35.9 37.9 40.1 42.2 40.6

The latter set taught you only how slow you go when you get tired, which is information which we have don't really need. The first set taught us the proper pace which gives a steadily progressing effort, allowing the muscles to work free of oxygen debt for the longest possible time. Most races other than sprints should be swum in this progressive, descending manner, so it is wise to rehearse this technique in practice.

Another drill is the Negative Split, where the second half of a prescribed distance is swum slightly faster than the first half. This drill is much in the manner of the descending set, but pertains to longer distances. It requires an open turn or two, and a good eye for the clock, but will help you develop that sense of pace over longer distances.

A third drill is done in short-rest sets of 50's or 100's. Before practice, outline for yourself a series of pace changes within the set. For example, start with #1 @ 70%. Then try to equal that time on #2. On #3, go 2 seconds faster. #4, go 4 seconds slower. #5, go 3 seconds faster. #6, Equal your original time. on #7, go 4 seconds faster. and so forth. This drill will help you feel each varying degree of pace as your body tires out. Good luck, and Have Fun!