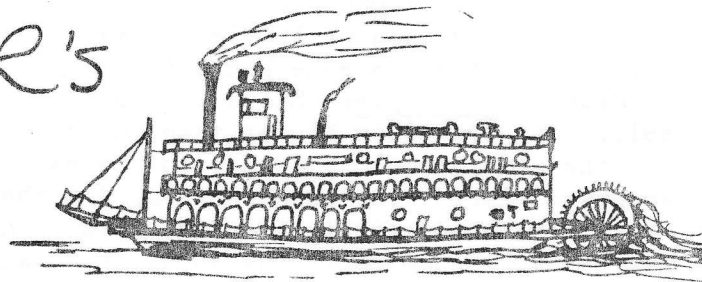


OLD STERNWHEELER'S

MASTER'S MONTHLY



Hi! This is the Old Sternwheeler with the first of (I hope) monthly newsletters to all our friends in Minnesota Masters Swimming. Any comments, questions, letters to the editor, etc, should be sent with \$50.00 in small, unmarked bills to: Old Sternwheeler, c/o Tom Hodgson, 1015 E County Rd D, #202, St. Paul, MN, 55110.

Certainly the hardest part about Masters Swimming is the drudgery of working out, and getting in shape. I suppose some people think of the competition as a good reason to get in shape and lose those pounds, but I think its easier to think of it the other way around: you're working out for those meets, to get in shape, to get faster, maybe even knock off a record. Believe me, its a lot easier to get in that old pool if you think about those meets.

Another great motivator is swimming with a team. There are two organized teams in North Suburban St. Paul: Roseville Swim Club Masters (Wed, 7:30-9:00) with Swim for Fitness Mon & Thurs. 8:00-9:00 on Mondays and 8:30-9:30 on Thursdays. All times are in the evening, at Parkview Jr. Hi. just south of Hwy 36 at Dale and Cty Rd. B.

A second club, in the midst of reorganization and therefore at this time nameless, is thrashing around up at Chippewa Jr. Hi. 5100 Hodgson Rd (Hwy 49) in Shoreview. They practice Wednesday nights at 7:00 - 8:00 and Saturday Mornings from 8:30- 9:30 with a few extra practices thrown in by their tyrannical coach.

If there are other groups swimming in the area, I wish you'd drop me a line and I'll publicize you.

If circumstances are such that you must workout alone, here are some hints that might help:

1. Write the workout in advance on a little slip of paper, then bring it into the pool with you and do exactly what you've written down. Its too easy to change your mind when your arms get heavy. Writing it all down sort of commits you to it, and lightens the load carried by your self-discipline.
2. When you write your workouts, set a minimum yardage and then construct a practice which will give you that yardage in a way that's easy on the brain, yet taxing to the body.
3. Short rest intervals are a good way to put on the yards. For example: 10 x 100, resting :15 sec. in between. Or 6 x 200 (rest :30) or 20 x 25 (rest :10).
4. Each workout should include some speed work: all out 50's or 25's, done with enough rest so you can hold your stroke and go at about race speed.
5. Warm-up is very important. Each practice should have a long easy swim at the beginning, with some kicking thrown in if practical, to get the old bod cranked up again.

Here's a handy formula to help you set up your workouts:

Warm-up	400-800 yds	800 EZ Swim
Bread & Butter Set	300-600 yds	6 x 100 rest :15
Distance Filler	200-400 yds	400 I.M. fast/slow
Sprints	100-200 yds	2 x 50, 4 x 25
Cool down	200-400 yds	400 EZ, EZ, EZ
Total yards	1200-2400	2400

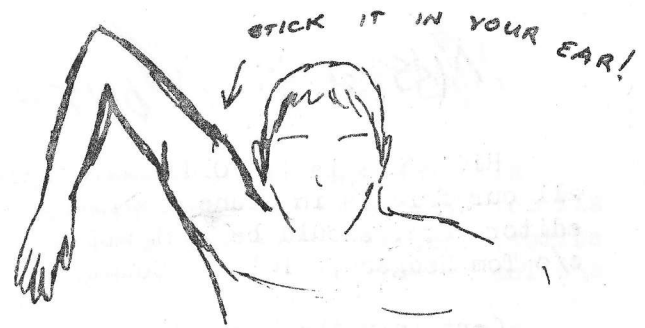
6. Find out how far you can go in your practice time, then write workouts to fill your time: 2500 yards is better than 1650.

Play with your pulse. When working out, keep tabs on your pulse rate, it will tell you how hard you are working. Average maximum pulses are around 200, so if you keep your pulse up around 180, you will put an effective stress on your body and it will respond by building more capillaries, enlarging your heart, getting you in shape, and improving your love life.

DO IT YOURSELF STROKE WORK!!!

There are lots of little tricks to help you improve your technique while you are swimming. Here are some hints for if you are working out alone or if your coach shows up drunk: Freestyle: Stand in front of a mirror and recover your arm. Notice for yourself: was the elbow higher than the wrist? Was the shoulder close (2-3") to the ear? When you placed your hand forward, did the fingertips enter first, then the wrist, then the elbow, then finally the shoulder rotate forward?

The most common problems with arm recovery come from shoulders dropping too soon, or not being lifted at all. Low shoulders leads to laying on the arms, which leads to a very inefficient pull. Remind yourself to "stick your shoulder in your ear" when you recover the arm, and hold the shoulder up until the entire arm is under water and pulling.

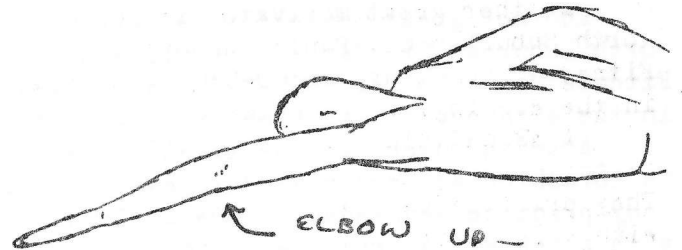


Elbow up, shoulder up and close to the ear, poised for fingertip entry. Front View



ELBOW DOWN - BAD!

"Laying on the arms"



Side view of good shoulder position

NEXT MONTH: backstroke!

SAMPLE WORKOUTS (all written for 2000 yards)

300 swim	800 S	500 S	400 S
300 kick	400 fast/slow	100 K	300 S- change strokes
300 pull	20 x 25 on :30	400 S	each 50
3 x 100 (rest :30)	4 x 50 (rest :10)	100 K	alternate 75's & 50's,
4 x 75 on 2:00	100 EZ	2 sets of	do 8 of each
6 x 50 on 1:15		8 x 50 on 1:00	4 x 25 sprint
200 EZ		100 EZ	200 EZ
300 S	350 S	200 S	400 S
30 x 50 on 1:00-1:30	1650 time trial	200 K	200 S
200 EZ		200 P	100 K
		200 S	7 x 150 (50 yds fast
		10 x broken 100	50 yds EZ
		(50-:10-50)	50 yds fast)
		200 EZ	250 EZ

A big round of congratulations goes out to Dave "Flash" Beardsley who has just been named chairperson of the Minnesota AAU Swim Committee. As we all know, Dave isn't busy enough as it is, so this added responsibility will help to keep him off the streets. Seriously, folks, Dave is trying to run our Masters program almost singlehandedly with help from his teammates at Roseville. Let's offer Dave any help we can to keep this Masters program going strong.