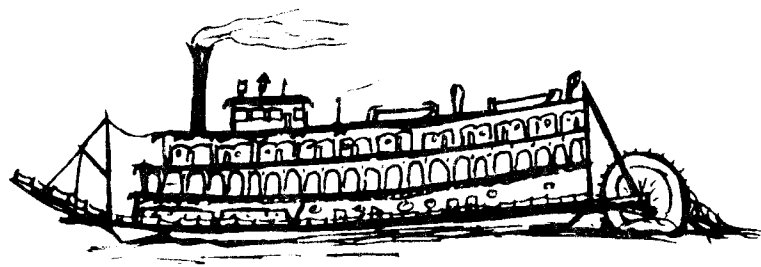


# OLD STERNWHEELER'S MASTER'S MONTHLY



January 20, 1977

Hello again, water wonders. Well, the holidays are over, and it's time to start living up to those New Year's Resolutions and get in the swim. After this meet in Beautiful Downtown Burnsville, we hope to go to the St. Paul Athletic Club, Princeton, And maybe a Swim-Ski weekend in Duluth in March, and then Bill Miller has offered to host a meet in Golden Valley if we can fit it in between the boys High School season and the opening of the golf course.

Those of you who missed the State Meet, missed a good one. There was much good swimming, and a lot of fun. Note the last line on the back of this page: Awards! We are going to try giving awards at this local meet, so come join the fun.

\*\*\*\*\*

Our plans to charter a flight to Ft. Lauderdale for the Nationals is moving ahead steadily, but deadlines are drawing near. If you would like to fly to the Nationals with us for the May 13-15 meet, drop me a line at 5 Oriole Lane, St. Paul, MN 55110, or call: 484 - 0210.

\*\*\*\*\*

ATTENTION: The ribbons for the last two State Meets will be at Burnsville for the meet. Would the team from the Southdale Y please come pick up your awards.

\*\*\*\*\*

Sample Workouts: Since all of you will be swimming in either the Nationals or the State Meet in May, this is the ideal time to start a training season. So in each successive issue of the "Old Sternwheeler" we will try to construct workouts that match the time of the season and your training needs. For example, early in the season we swim overdistance workouts and short intervals. These workouts are written for about 3000 yds, which is slightly more than our average 2500 yd workout.

400 S	800 S	500 S	400 EZ	300 EZ	400 EZ
200 K	2 sets of	500 K	1650 time	4 x 250	2 x 300 (:30)
400 P	20 x 50 on	500 P	trial	4 x 200	10 x 100 on 1:30
6 x 200 on 3:00	:50 or :60	5 x 100 (rest :10)	400 ez	4 x 150	200 EZ
400 Restr. Br.	200 EZ	2 x 300 (rest :20)		-rest :30	400 Fartlek
400 IM (no fly)		200 cool down		between	(1 hard, 1 EZ)
				200 EZ	200 EZ

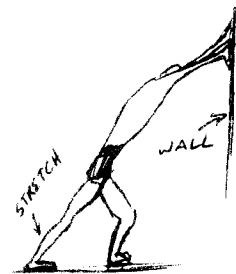
\*\*\*\*\*

## DO IT YOURSELF STROKE HINTS: Ankle Flexibility.

Can't Kick? Is your technique good and you still go backwards? Perhaps your ankles are too stiff. There are two exercises to loosen up ankles. For the flutter & dolphin kicks, kneel down on your ankles and rock backwards until it begins to hurt. (#1) For breaststroke, place the foot flat on the floor and lean forward on a wall, stretching the tendons and (#2) muscles along the calf. Again, limit the stretching when it hurts: you must stretch the ankle, but don't hatch anything.



#1



#2

