

Greetings BAM Swimmers!!

I miss all of you so much and, like you, am eager for the days when we can all be together again, in a SAFE capacity. I thought I'd put together a few basic swim tips for your first few sessions back in the pool, plus a workout suggestion until you're back with one of the BAM coaches.

Yesterday I did a glorious swim at the ELKS. It was a vibrant, sunshine-y (is that a word?) day so the outside swim was glorious. Truth be told, I think I still would have been thrilled had it been icky outside.... just to swim was a delight. Perhaps some of this struggle will be good for us all to be reminded of the importance of gratitude. It has been good for me, for sure!

Anyway, I want to commend Rob @ the Elks for the tremendous job he did in setting the stage, literally and figuratively, for the swims. With two distinct staging areas at both ends of the pool, separate chairs for bodies versus bags, and closed gates to prevent stragglers from wondering in outside their slotted time, this was the SAFEST social distance I think I could imagine. Most grocery stores are far more dangerous than what Rob set up. While waiting in line to go into the pool area, I was THRILLED to get to see SONJA BARO, BRUCE EPSTEIN and LISA DH.! I was able to chat with them from a distance.... my spirit was lifted immediately seeing BAM friends!

To my delight, WOLF SEIBOLD randomly assigned himself next to my lane! What a thrill to have my 12pm EBRC swimmer right there! He was kind enough to add time to his intervals to wait for me as I barked out, "*JUST SWIM NON-FREE*"!!!! anytime I wanted his speedy self to slow down so I could catch up with freestyle. My wheezing, huffing-and-puffing to complete an easy set was eclipsed by the sheer delight of being in the pool. Again, gratitude!

### **TIPS TO GET BACK IN THE POOL**

Hopefully, the coming days/weeks will provide us the gift of pool / gym openings again. Whenever you find yourself returning to the water, please be mindful of a few things to help make your RETURN a smarter, safer approach:

#### **1) Patience is your friend!**

Most any of us will feel very different when we get back into the water after a hiatus. Our bodies will feel different in the pool and our feel for the water may be affected as well. This is not the time for you to try to be exactly where you were in your fitness prior to pool closings. What's important is that you just start moving again. Your body will come back to life, allow it to do so gently. Replace frustration with gratitude! Your fitness will return. Have patience.

#### **2) Set different swim pace goals.**

Most likely you'll not be able to swim at the pace you were before you stopped swimming. It will come back but in your first several swims, or even several weeks once you can be consistent, I encourage you to seize that patience we talked about in #1 above and modify your expectations. You'll likely need slower paced intervals, with more rest. THIS IS NORMAL. Let yourself have this and don't beat yourself up. For example, normally at the Elks I would swim in a 1:25/100m lane. (Unless Jane is mad at me and makes me suffer with Larry McKeogh or Robbert Smitt, Bruce Deakyne or Stacey Tobey.).

Yesterday, Wolf and I did sets that were mostly 1:40/100m based. That's much different than my usual 100m paced lane. Take the time you need, add time as you need it. This is not the time to feel RUSHED.

### 3) "Take It Easy On Me..." - Little River Band.

Include gentle kicking and stretching in between sets, or as needed. Even if you've stayed as active as possible, your body is likely going to be bit more stiff than it normally would be. Do some gentle stretching, and be sure to HYDRATE properly during and after your swim.

#### **Swim Workout: April 27, 3K**

This is the workout Wolf and I did. We liked the shorter sets with lots of conversation breaks. :) Please modify your own intervals (refer to #2 above) to accommodate your own needs. "Take It Easy On Me.." (sing to yourself)

WU: Easy 400 - every 4th length non-free. (Take your time here! I can't express how weird this felt even for a lifelong swimmer like me!)

WU Set:

2 x 50 @ :50

2 x 75 @ 1:15

2 x 100 @ 1:40

4 x 75 @ 1:15

4 x 50 @ 50.

(Lots of cussing and complaining...)

Then easy 150: 25 kick / 25 swim.

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1 x 125 @ 2:00 (Wolf did IM - hate him - I did free and was huffing!)

1 x 100 @ 1:40

1 x 125 @ 2:00

100 EZ

(Then talk about Mica, their kids, homeschooling, how many days in a row Carole now drinks...)

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6 x 75 Kick with Fins @ 1:20

(I didn't have fins so I swam)

Then easy 50 breaststroke swim.

(More chatting ... What movies have you seen? TV shows?..)

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3 x 100 - last length NF, IM order @ 1:45

(So - 75 free /25 fly, 75 free/back, 75 free/ breast)

Then 1 x 100 IM - WOLFS IDEA.... and I still HATE him! :)

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Easy 150-200 stretch & swim....

I went home at ate 6 pizzas and slept for 2 hours and 36 minutes.

Miss everyone!

Stay safe and I'll see you soon!

Coach Carole