SCAQ APRIL 2011 NEWSLETTER

Swim with Mike—April 16th

Swim with Mike is an annual swim-a-thon held to raise money for the USC Physically Challenged Athletes Scholarship Fund. Let’s get some SCAQ groups to commit and make an event out of it. SCAQ would like to find enough swimmers to sponsor a lane. If interested email keri@SWIM.net

IMPORTANT DATES FOR APRIL

<table>
<thead>
<tr>
<th>APRIL 3RD</th>
<th>APRIL 7th</th>
<th>APRIL 10TH</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCLA SWIM MEET. Starts @ 9am for the 1000 and 11am for the following events</td>
<td>LA TRI CLUB &amp; SCAQ “First Thursday Social” 6pm @ Wolkano in Santa Monica</td>
<td>FREESTYLE CLINIC Improve your Freestyle Technique</td>
</tr>
<tr>
<td>APRIL 17th</td>
<td>APRIL 24TH</td>
<td>APRIL 28th</td>
</tr>
<tr>
<td>SANTA CLARITA MEET Online entries are due by April 16th</td>
<td>OCEAN CLINIC 1st hour in the pool, drive down to the beach, 2nd hour is in the ocean</td>
<td>US MASTERS NATIONALS Mesa, Arizona. April 28th—May 1st</td>
</tr>
</tbody>
</table>

Break a World Record on May 22nd

SCAQ is teaming up with LA Tri Club and will attempt to complete 2,462 miles in ONE DAY one pool. That is the distance between Los Angeles and New York City. All of this to benefit kids and gives everyone a chance to break a World Swim Record!
Whenever I am at a competition, I do the same warm-up. Whether it be a Grand Prix or Olympic Trials, my warm-up stays consistent so my body knows what to expect. Maybe it is superstitious, but it has rarely failed me. This warm-up works for any stroke. If you are a sprinter modifications can be made (Go a 400, 3 x 100, 2 x 50), if you are a distance swimmer you may want to include more pace. Here is what it looks like:

400 Swim
4 x 100 Swim/Skull
4 x 50 drill/swim IM order

200—400 kick depending on how my legs feel. Because I am a breaststroker, I tend to warm up more kick because that is the power of my stroke.

4x 50 Fast is always breaststroke/ EZ is always free.
#1 25 FAST/25 EZ
#2 25EZ/25 FAST
#3 50 all EZ
#4 50 all FAST

8 x 25
#1 underwater
#2 Fast breakout to 20 meters
#3 Fast finish
#4 Easy

2 Dives from the block ( go breakout + 4 strokes)

If I am feeling sluggish I will do 2 x 50 pace with the coach trying to hold my goal pace for my 2nd 50 of my race.

If you have longer than 20 minutes before your race or in between races, it is important to get back in and warm up. I usually only do a 200-300 with some fast strokes to get me going. It is also a great way to calm you down if you have any nerves.

Always warm down after your race for at least 15 minutes after your race to reduce lactic acid.

Good Luck to SCAQ National Bound Competitors

Bruce Thomas       Mel Latt       Arlette Godges
Jay Calhoun        James Lucas    Joy Tiernan
Jen Bronson        Jenni Carlson  Tony Austin
Suzanne Robertson  Daniel Leonard   Nathan Janos
Chris Wall         Dan Muth        Peter Palombi
Rob Ross

“Pain is only Temporary”
Below are three styles of workouts that I will coach next week at LMU. Here is a breakdown as to WHY a swim coach would give these workouts. The workouts are similar so we can compare in theory and in practice when you get into the water.

As a coach you have the unfortunate task of punishing swimmers. Trust me, I hate it – it hurts me to hurt you! : ). But the facts are simple: if you want to swim fast you have to SWIM FAST and as much as you physically can handle, psychologically handle and your schedule can handle. As a coach you can’t be all fun, you can’t be all frills, and you can’t be all tough. There is somewhere in the middle that actually touches on all of the above – but most likely, not at the same workout.

Below I have designed a set of three workouts that I will give at LMU next week. They are similar in structure but accomplish different goals. Read below and come swim so that we can compare what I am talking about. My first workout is “Rec”, “Filler” or “Garbage Yardage” or for me personally being out of shape and swimming only every other day at best: I need a “Yardage Grabber”. This is not too intense. You go out and nail down some yards. If it is just to burn off calories as in my situation or if you are an elite swimmer this disjointed workout bounces around and distracts you into swimming yards.

Even coaches in serious elite programs need this type of filler. You can’t get your team “up” at peak performance every time, but you need them in the water doing plain old bread and butter yards.

The next workout, Wednesday next week is Distance at Threshold - Nasty yards at your max. This is swimming done at the top shortest rest. This workout and the third workout in my trilogy test your level of swimming and your cardio fitness level. I suggest if you are serious, write down your intervals and your times and then do #2 and #3 again in a month.

Now a note on technique: try to hold on to it as you survive the yards. Too many coaches only coach tech with drills. I believe it is how you maintain technique under the duress of effort, endurance, fatigue with lots of yards that count.

Finally workout #3 is the same 500s, but more rest, “broken” and at higher speeds. You could call it a middle distance workout, but very intense (if you want, you do not have to work hard – it is up to you).

What is best for you? Let’s put it this way: You need speed work if you are a distance ace and you do need distance if you are a sprinter. Good advice: log these workouts if you are serious. Compare, understand your level and try and squeeze into the next. And if you are not serious, no worries. I myself am not serious any more and I so prefer workout #1. I am not competing and just want to swim for health.

In my opinion too many coaches stick to one style of these three instead of balancing. Of course if you come to one of my workouts, you can always back off the severity. No worries, I am not here to set your goals, I am here for you to achieve them (even if you are only a social “rec” swimmer). Please, if you want an assessment of your swimming come to my workout or ask our very experienced SCAQ coaches. Also, I love hearing people’s goals and planning a season.

So, anyone who wants to do these workouts, come to LMU Monday March 28, 5:30am for #1, Wed #2 and Fri #3.
#1 Middle Distance Yardage Grabber—March 28th 5:30am

This is a yardage grabber - you can stack on a lot of yards in this workout. It is in some ways “garbage yardage”. Those are the necessary yards that we all have to do to get into tip top shape. However, for my self personally, this is a quick burn off of calories and it goes by fast. This is not a threshold workout with high intensity and concentration on race performance. Every swimmer in training needs these “fillers”. Please compare how this very similar workout will be given that is no frills Distance Threshold – Wed March 30th and Fri April 1st. I am giving these workouts in advance if anyone wants to come to them or to avoid them.

700 my typical warm up (600 for intermediates and 500 for beginners)

One minute rest between all of these, take an easy 50 if you want:

500 broken with 10 seconds rest at 100. This is warm up part 2 The goal here is get you started and more warmed up in this early morning workout.

500 100 kick, 100 swim, 100 kick, 100 swim, 100 kick – work this! Try and predict your time.

500 100 swim, 100 kick, 100 swim, 100 kick, 100 swim – are you faster with more swimming than kicking?

500 200 swim, 100 kick, 200 swim – you are still working I hope!

250 hard, half a 500, do it fast! 100 easy

125 faster than your 250 100 easy

75 All out sprint! 50 easy

50 Sprint 50 easy

25 Sprint 125 loosen down (Total 3,650 )
**#2 Distance Yardage Nasty: March 30th 5:30am LMU**

So simple and so hard! So simple and so complex! It’s simplicity is it’s complexity. It takes a savvy high I.Q. swimmer to do this workout. The art of pacing these 500s is not easy. The workout below can be reduced if needed to 400’s or 300’s.

If you have any hope of being a good swimmer, simple straight forward workouts like these, logged and performed (ie: practiced) are necessary.

Now, many master swimmers seeing this type of workout will shy away. Many do not want anything that reminds them of their old college days of hard work. If you ever come to one of my workouts and find this, you are more than welcome to stop in the middle, change it, do other strokes or even doggie paddle as long as you do not get in the way of those doing the set. Remember SCAQ can not be all “Rec-Frill” style of workouts and it can not be all distance.

700 of my warm up

500 - 50 kick, 100 swim, repeat – last of your warm up, make the best of it.

3 x 500 at 100% and 30 seconds rest or less! This is 1,500 of hard yards at your best.

100 easy and 2 min of total rest

2 x 500 at 100% and 1 min rest interval in between
More rest and maybe as fast or faster?

100 easy and 2 min of total rest

500 all out
This is one last chance. Dig down deep to do your best.

Way to go!

150 loosen down (Total 4550)
#3 MIDDLE DISTANCE YARDAGE GRABBER: April 1st 5:30

700 my typical warm up
6 x 75 kick

500 broken with 10 seconds rest at 100 (this term applies below). This is warm up part 2. Go the last 100 easy and get ready for this very hard workout. That was 1650 of warm up.

Now a stack of 7x500s with one minute in between – all at Threshold level. This will take longer than one hour, if you do not have time substitute 400s or if you are a beginner do 300s. When I give this workout I have the different levels do the three different distances.

There are breaks in the 500s below that get larger and with the expectation that you will get faster. This is a very hard workout, intense (but you are welcome to slack or sit out). A swimmer should keep track of a workout like this and log the results over a season and see how they improve. Us sprinters might not get faster as we take on these swims, therefore I suggest more than one minute. It is up to the type of swimmer that you are. Good luck:

500 ALL OUT Threshold swim – Best Time Possible
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 10 second break in middle at the 250 – beat the straight 500!
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 10 second break in middle at the 200, 400 – with two breaks you should go faster once again
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 broken 10 second break at each 100. Now we are at race pace!
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 broken 10 second break at 75s – this is getting intense, can you go faster?
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 broken 10 second break at 50s – more rest, “sprinting” anyone? Can you go faster again?
1 min rest, maybe an easy 50 if that will make your next swim faster:

500 broken 10 second break at 25s – Finally the last one! How tough are you?
125 loosen down (3,850)
THEORY OF TECH DETERIORATION UNDER FATIGUE

If you do not carefully pace your race all your technique goes out the window as you get tired. This is why it is so important to do ALL your swimming under the watchful eye of the clock! It does not matter if it is a 100, 200 or 1,000, you must hang on to your optimal pace. Your optimal pace will always be a maintaining of your technique for the duration of the swim or the workout. This is just good swimming “I.Q.” You get that by practice and always knowing your times.

What are the common technical things that deteriorate in the forward crawl:

- Dropping your elbows in the water pulling
- Lack of body and shoulder rotation
- Lack of extension and glide out front
- Lack of high elbows in recovery
- Legs stop kicking and you start sinking
- Hips rotate too slow

When bad technique comes due to fatigue, then the lack of good form adds to the burden and you get even slower. On top of that you sink more. So, it is critical to hold pace. The general rule of thumb: always try and make the second half of a race faster than the first. Same goes a workout if you want to just burn off calories. The three workouts I have designed in this newsletter are key to finding pace, improving pace and meeting your race goals.

I welcome all comments and further elaboration from our great SCAQ swimmers and coaches – Clay@SWIM.net