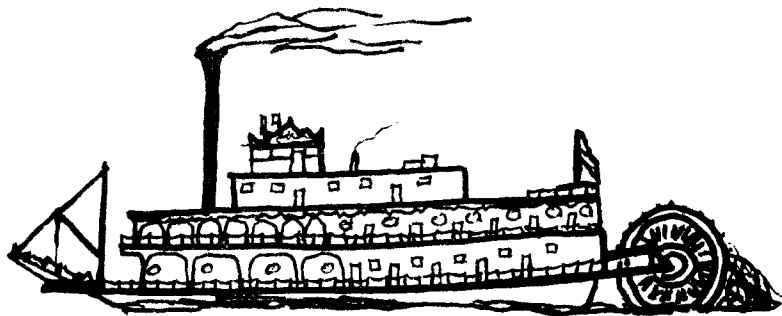


OLD STERNWHEELER'S MASTERS MONTHLY



November 1976

Hello, friends of fitness, this is the Old Sternwheeler again, just returned from a great time at the Watertown meet. Thanks to John Beintona for a fun meet in a beautiful pool. Now John, if you could move that pool a little closer to St. Paul....

All Seriousness aside, folks, we have another meet coming up, this time in Burnsville. Wild Bill Arland is hosting this one, so let's all get out there and tear up the pool. Remember, the best way (the only way) to measure your improvement is to get into those meets and time yourself. Even if you're a total vegetable and ignore all the fun, you can at least get some satisfaction from improving your times. Don't be a freezer eagle, (turkey); make the scene at Burnsville! I'll be there.

All you dedicated Master Swimmers are probably already wondering how you're going to burn off all of that Thanksgiving Turkey over the long weekend. Well, wonder no more! Saturday, November 27, there will be a Masters Swimming Clinic hosted by Julie VanAman at the Southdale YMCA. Southdale Y is at 7355 York Ave. So. (just south of Southdale) Techniques in all four strokes, starts, and turns will be taught. The "in the pool" program will begin promptly at 9:00 a.m. and last for two hours. Then at 11:00 there will be a brunch (everyone bring something to share) and possibly a question-answer discussion until 12:30. Sounds educational and fun--a chance to meet some new friends.

Happy Birthday to you, Happy Birthday to you. Happy Birthday dear Ray Hakomaki (Oct 25, '20). Robin Kleffman (Oct 30, '47) Mary Mordaunt (Oct 31, '50) Carol Harris (Nov 4, '31) and anybody else who deserves it. Happy Birthday to youse.

Let's see the hands of all you swimmers who have called your swim club coach or president to ask about a special Masters Workout as a part of the club. How many? Well, let's get busy. Masters Swimming is a perfect addition to the A.A.U. Swim Club.

Sample Workouts (All written for 2000 yards)

200 EZ
800 Swim (sprint
each third lngth)
4 x 50 K on 1:30-2:00
4 x 50 P on 1:15-1:40
4 x 50 S on 1:00-1:20
16 x 25 on :30

Kick, Pull, & Swim
100 yds. of each
competitive stroke.
100 EZ
20 x 25 on :30
200 EZ

300 EZ
2 Sets of
5 x 100 on 2:00 or 3:00
100 EZ
4 x 50 K (rest :20)
100 EZ
300 hard, think stroke

400 S
500 Hard
200 EZ
400 Hard
100 EZ
300 Hard
100 EZ

200 K
200 P
200 S
200 IM
3 sets of
4 x 50 on 1:10
(I.M. order)
300 Back Pull
300 Breast Pull
300 Warm-up
3 x 50 on 1:00
100 IM
3 x 50 on 1:00
100 IM
10 x 100 on 2:00-3:00
200 EZ

250 Warm-up
800 Time trial
400 Swim, breathe
every 4th stroke
8 x 50 on :50
150 EZ
1000 Swim- pick
up the pace
30 x 25 -(rest :10)
25 EZ

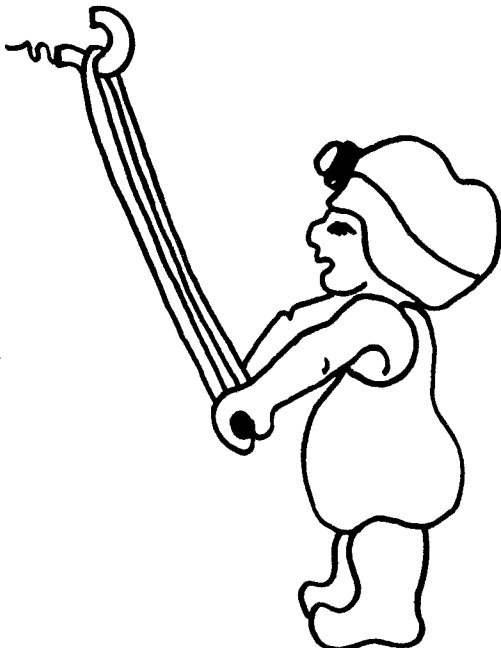
DO IT YOURSELF STROKE HINTS: Dry Land Exercises

One of the problems of competition (athletics) at our advanced ages is the loss of strength and muscle tone. Our workouts are primarily designed for cardio-respiratory fitness, and in order to develop strength, we must work against a resistance greater than the 10 - 15 pounds felt when pulling a hand through the water. Swimming fast requires both stamina and strength, so here are ways you can develop muscle tone and rediscover some of the power which you left behind as you fled from your youth.

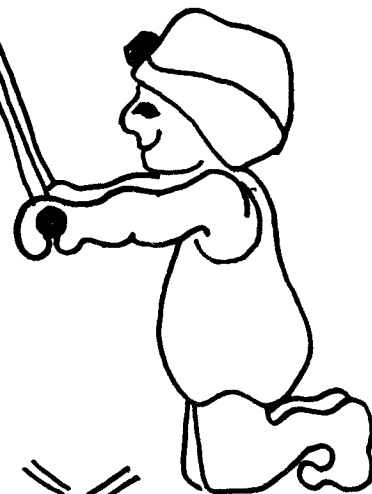
The Apparatus. You will need about a six to seven foot length of elastic shock cord or surgical tubing. Use the Yellow Pages, 'cause I don't know where the best places are for finding the stuff. Ask for $\frac{3}{8}$ to $\frac{1}{2}$ " dia. tubing. After locating a length, fashion a handle by tying the ends around a six inch long piece of broomstick handle. Then loop the cord over a firmly set hook in the wall or a ceiling joist. Bike hooks are very chic.

Jump around, swing your arms, run in place awhile to warm up, and you're ready to get started.

Exercise #1.
Pull down on the handles, keeping the elbows high, pressing off the hands. Pull down past the hips until the elbows are extended fully. Hold the shoulders and elbows high. Raise the handles back just as you pulled them, and you're ready to pull again.
Always pull both hands together.

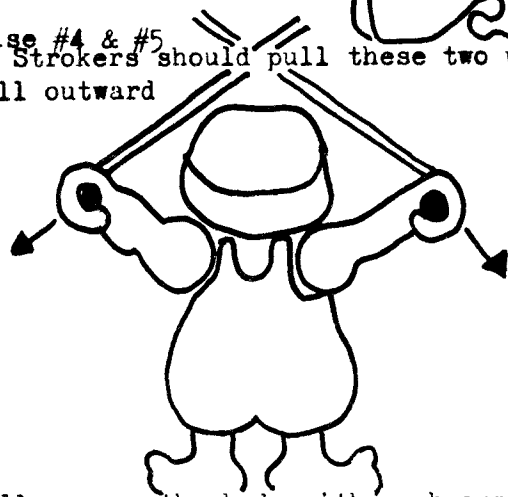


Exercise #2
This exercise can also be done kneeling. It stretches the tubing out more, making for more resistance, and also puts a bit more strain on your tummy.

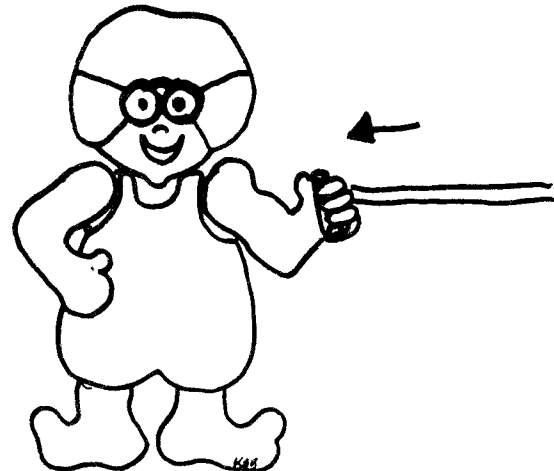
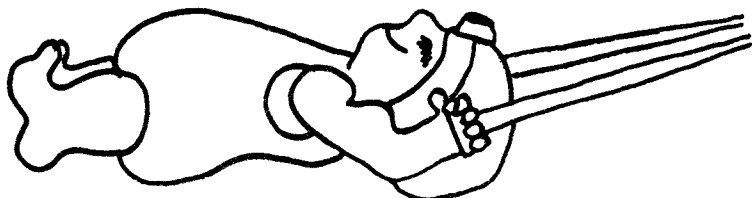


Exercise #4 & #5
Breast Stokers should pull these two ways.

1. Pull outward



2. Pull across the body with each arm.
(tie the tubing to a doorknob or such)



The cord may be doubled over for more resistance, and working against heavy resistance gives greater power. Judge for yourself how hard it is.
For single strand sets: 1 set of 50, each exercise
(or) 2 sets of 30, each exercise
For Double strand sets: 2 sets of 10, #'s 2, 3, & 4
Do single strand sets daily, double strand sets only every other day. As you get stronger, increase the number of repetitions.