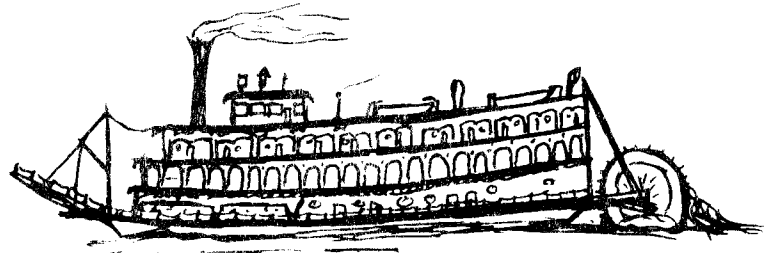


OLD STERNWHEELER'S

MASTER'S MONTHLY



January, 1977

Hello again, sea nymphs. We here at the helm of the Old Sternwheeler are girding our collective pull-buoy pinchers in preparation for the upcoming State Meet. Great plans have been laid for a great swimming show. We are back to the full Saturday format, swimming the first series of events (A-10) followed by a 30 minute lunch break, and then 11 - 19. Stand by for electronic timing, complete with touchpads, and the acme in hospitality. (We've even appointed a Cookie Chairperson!). So make sure you bring your friends from the pool; there is no better time to introduce them to the joys of Masters Swimming!

Mrs. Mamie J. Brown (Dave Beardsley's girlfriend) is now home recovering from surgery, and is healing remarkably quickly. This is no surprise to Minnesota Masters swimmers, who know Mamie's spirit and fitness, but I'm sure she has amazed the medical profession with her recovery. Happy thoughts may be sent to Mamie's home- 3756 18th Ave S Mpls, MN 55407. Don't be too shocked if Our Favorite Master shows up at the State Meet ready to swim. You're a tough young girl, Mamie!

The 1977 Short Course National Masters Championships will be held in Ft. Lauderdale Florida on the weekend of May 13 - 15, and already plans are being made to transport our bodies down there. The most practical method of transportation seems to be the airplane, and since Dave Beardsley doesn't own one, we may have to charter to keep the costs down. We have about 25 swimmers from Northern Shores likely to go, but need others to fill the plane. So if you are interested in swimming in the Nationals, drop me a card at The Old Sternwheeler, 5 Oriole Lane, St. Paul, MN 55110.

DO IT YOURSELF STROKE HINTS

This month: Race Plans. Pacing your race is a tricky business. So often it happens that a swimmer will "go out" too hard and die in the second half of the race, or start too slowly and have too much "gas in the tank" at the end. When do you begin to sprint, how easy do you swim the first 50? etc. etc. Well, the plan varies with each distance, so in a nutshell, here's how to pace the different length events:

50 yd events: All out, super blasto, 101%, BTTW, and generally let it all hang out.

100 yd events: Swim the first length as fast as you can go WITHOUT STRAINING. This means maintaining relaxation and continuous motion while going as fast as you can.

For the next length, accelerate up to full speed, and then sprint the last 50 all out.

200 yd events: These are the most difficult to pace. Start out fast, but smooth and very relaxed. After the first 2-3 lengths of "cruising", pick up the pace to a steady, strong "driving" speed. Continue "driving" until the last 2 lengths when you "sprint". Then at the end of the race you can get out of the water and "vomit".

500 yds events: Really hold back on the first 75 yds. Then settle into an easy cruise, maintaining a good stroke and even pace. Then at exactly 10 lengths, $\frac{1}{2}$ way, pick up the pace and begin driving. Keep driving, accelerate through the last 100, and finish strong.

1650 yd event: If you want to swim the 1650, there's nothing I can do to help you...

Race Plans, Cont'd

If descriptions like "Driving", "Cruising", and so on are too nebulous, you can also pace a race by percentage of effort for successive parts of the race.

For Example: 100 yds- 1st 25 96% 200 yds - 1st 75 88%
 2nd 25 96--99% 2nd 75 90 - 96%
 3rd 25 100% Last 50 100%
 4th 25 100%

Here are some splits of well swum races:

200 Ba.	100 Free	200 Free	200 I.M.
30.8 (30.8)	14.9 (14.9)	(42.2)	28.5
1:03.0 (32.2)	31.2 (16.3)	1:28.8(46.6)	1:07.5 (35.0)
1:35.4 (32.4)	47.8 (16.6)	2:15.0(47.0)	1:48.1 (40.6)
2:07.5 (32.1)	1:03.8 (16.0)	3:01.9(46.9)	2:20.0 (31.9)

Speaking of splits, use your splits and the pattern of the "Well swum race" shown above to help you plan your race and set goals. For example, if your last 200 Breast was 3:05.5 and the 50's were split: 43.0, 47.0, 47.5, 47.5; and you want your next swim to be under 3:00, you know that you must take your first 50 out very easily, but it also must be around 42.0. Then the next three 50's must be at or under 46.0. So in practice during your repeat sets, swim a set of 10 x 50, all breaststroke on the 1:00, 1:10 or 1:15. Swim the first two easily, just to get your wheels turning, then settle down to work, trying to break your goal split consistently. When you are repeating consistently at your goal split, then you know you're ready to break your total goal time for that event. Remember that three 50's in a set with rest don't assure you of the ability to hold that speed in a race, but a set of 8 - 10 with a short interval does give you an idea of what you can hold for pace.

Sample Workouts for about 2500 yds.

400 EZ	800 Long, strong	500 warm-up	300 EZ
150 P	8 x 25 sprint K	500 time trial	200 P
100 K	8 x Broken 100→	500 EZ	200 K
150 S	75 (:15) 25	16 x 50 on 1:00	200 IM
200 IM K	8 x 100 on 2:00	200 EZ	4 sets of 10 x 25 on :30
6 x 100 on 2:00	descending set		200 second stroke
500 alt. H-C, EZ	100 EZ		200 H*E
400 Smooth			200 EZ

Sample workouts for about 1000 yds.

300 EZ	200 EZ	100 EZ	150 EZ
6 x 50 on 1:15	200 IM	800 time trial	4 x 50 on 1:10
150 EZ	100 K	100 EZ	100 EZ
4 x 25 go when ready	4 x Broken 100→		4 x 50 on 1:15
	50 (:10) 50		100 EZ
	100 EZ		3 x 50 on 1:30
			100 EZ

Once again, folks, we would like to urge all of you to make the scene at the State Meet on January 8th. We hope it will be our biggest, best meet ever, and we would like you to be a part of it.

— Old Sternwheeler