

Issue 1

April 2012

Newsletter in Brief

- *From the Coach: pre-race warm-up*
 - *Swimming results*
 - *Notices*
 - *Upcoming meets*
- *Training in 25m vs 50m pools*

Editor's Note

Welcome to April's edition of the Adelaide Masters newsletter. I hope you find this newsletter enjoyable to read but also informative!

My name is Namiko Kobayashi and I have only recently moved to Adelaide and joined the Adelaide Masters. I am loving the training and it is so encouraging to see so many of you enjoying swimming!

With the upcoming Masters National Championships, this edition includes pre-race preparation from our coach, Mal.

Sadly, the warm weather seems to be coming to an end and with the switch back to the 25m pool, included is advice on the differences between swimming in a 25m pool compared to a 50m pool and tips on making the best of a 25m pool training session.

Swim well

From the Coach

[Adelaide Masters Pool Competition Warm-up Procedure 2012](#)

Dry Land Warm up

10 mins aerobic activity to bring HR >100

10-20mins moving stretches and theraband stretches

Pool Warm up

3x200m FS-BK-BR (100 swim 50 drill 50 swim)

4 x 100m Form on PB + 20 as start-turn-finish all out sprints
4x50m on 1.30 max effort with SR + SC specific to event, from blocks

4x25m explode from blocks on 2.00

All competitors should cool down between 200m-400m after each race finishing with next event 25m sprint

Noticeboard

Easter Weekend training for Nationals competitors

Adelaide Aquatic Centre, Nth Adelaide
Easter Monday (9th April) 7am start

Word is out that there may be hot cross buns on offer

Cost: Pool entry + \$5 donation

Changes to training location

- Last training session at Burnside
Wednesday 4th April ☹
- Adelaide Aquatic Centre, Nth Adelaide
Wednesday 11th April 6.30-8pm
Friday 13th April 6.30-8pm
- St Peter's College Swimming Pool,
(enter via Hackney Rd, St Peters)
From Monday 16th April 6.30pm-8pm

Entertainment booklets

These are now available poolside from
Howard.

Cost \$65

Please contact the newsletter editor if
you would like anything included on the
Noticeboard for the next edition

Training Times

Monday, Wednesday, Friday: 6.30-8pm
St Peters College Swimming Pool (from
16th April)

*see notices for modifications to
training location in the meantime

Saturday, Sunday: 9am (variable)
Henley Beach jetty (pls confirm with
Marj Muller for time and place)

New members for 2012

ANN WARWICK
ELIZABETH NEAL
PATRICIA PATRICK
KAYLA MCSPORRAN
NAMIKO KOBAYSHI
CAROLE MARGRISON
DONA ATTARD
DANIEL MILNE
MARGARET FAVARO

WELCOME ☺



April Birthdays

MATTHEW SCHOLAR, 6TH APRIL
CARLOS ASSUMPCAO, 6TH APRIL
MARDI WEBBER, 7TH APRIL
MARJ MULLER, 7TH APRIL
JEANETTE ASHTON 8TH APRIL
CRAIG SCHILG, 16TH APRIL
MARTIN RUTT, 24TH APRIL

Making the switch to a 25m swimming pool

I enjoy swimming in outdoor 50m pools and out in the open water so I always look with a little disappointment at the switch to a 25m indoor pool that cooler weather always calls for. Over the years, I have made that switch many times in order to maintain 'swimming fitness' through a 'winter' season. There are definitely some differences in swimming in 25m pools compared to 50m pools. As you probably all know, short course events are always faster than long course events. Many say that it is impossible to train for endurance in a 25m pool. On the contrary, there are many top-level swimmers who train in 25m pools and can swim fast times as well as endurance events at race time. This is a short article about training in 25m versus 50m pool lengths from advice and articles that I've accumulated through my swimming training. I hope it helps you to look at your 25m pool training through new eyes!

When we look at the basic differences in training in 25m pools compared to 50m pools, the obvious is that there are more turns. This means that there are more times that we have increased speed off each wall and that there are also more periods of inactivity when we are gliding off the wall. These can be looked at as advantages as they not only allow our bodies to decrease the lactate build-up in our blood and muscles; it also gives us a chance to lower our heart rate.

For example: in a 200m freestyle swim, there are 7 turns in a short course pool compared to just 3 in a long course pool. We are spending more time on the wall as well as gliding off the wall swimming in a short course pool. This will produce relative inactivity for the upper body muscles and a relative recovery period.

You will also notice that you are not taking as many strokes in any event swimming in a 25m pool compared to a 50m pool. This gives you the opportunity to develop a swim stroke to fit with a higher swimming velocity and an efficient stroking as you know that as soon as you hit the wall, you have a chance to recover and prepare for the next lap.

One can't ignore the mental component of swimming...it is so much easier to approach a swim in a 25m pool more aggressively as compared to one in a 50m pool. A 100m freestyle seems so much easier in my mind swum in a 25m pool than to one swum in a 50m pool.

What can we do at training to maximise the benefits of swimming in a 25m pool and also not be too affected by the switch?

1. **Charge the walls:** This means to pick up speed going into each turn, flip as hard and as fast as possible, and kick hard off the walls. Masters swimmers who do not do flip turns must still swim faster in and out of the turns and make the turning action as forceful as possible. This reduces 'recovery' time and builds on our endurance base. Another great drill that a previous coach of mine employed was to swim lengths and turn without our feet touching the wall. This requires good core strength and means that you are working hard from the beginning of each lap.
2. **Increase kicking:** Plan on doing more, and harder kicking throughout training as this will build on speed as well as maintain endurance fitness.
3. **Train harder:** There are disadvantages to swimming in a 25m pool when preparing for racing in a 50m pool or in the open water. These can only be overcome by being prepared to train harder and work at a higher intensity.

In conclusion, training in 25m pools is different to training in a 50m pool but there are ways to get the most out of a short course season and enjoy your training so that when next summer comes along, the switch to a 50m pool/open water isn't too painful or daunting.

Namiko Kobayashi

Notes taken from

Journal article: Keskinen OP, Keskinen KL, Mero AA (2007) Effect of pool length on blood lactate, heart rate and velocity in swimming. *International Journal of Sports Medicine* 28:407-13

Coaching advice from

Mrs Elizabeth Wells, Head coach of the Papua New Guinea National Team

Mr John Trembley, Swimming coach, Tennessee University

Links

- Masters Swimming Australia
www.mastersswimming.org.au
- Adelaide Masters
www.adelaidemasters.org.au
- Swimming Australia
<http://swimming.org.au>

Upcoming meets

Masters Swimming 37th National
Championships Adelaide April 14-17th 2012

Interclub 1 Sunday 6th May
Entries can now be made online through the
Adelaide Masters website

35th Year Anniversary of Adelaide Masters!

Organization is currently underway
for the club's 35th anniversary dinner
to be held in July...

Results

Open Water Swims

Pls go to

<http://www.adelaidemasters.org.au/node/36>

A big thankyou to all the organisers, officials
and volunteers who made every open water
swimming event possible.

Australian Open Championships

Charlene Margrison

50 Butterfly 29.01 (42 out of 117
swimmers)

50 Freestyle 27.00 (51 out of 123
swimmers)

This is also a SA and National Record for the
25-29 age group.

Congratulations and well done Charlene!

Contact Info

Newsletter editor

namiko.kobayashi@gmail.com

0412 564 589

Club enquiries

adelaidemastersswimming@gmail.com

(08) 8353 3568

PO Box 553, Nth Adelaide SA 5006

If anyone has suggestions or contributions
for the newsletter, please let me know
either at training or via email as above.
Thankyou!

Namiko