

THE WORKOUT CARD

Training with AquaFit Masters

BY LISA BAUMANN

Swimming World Magazine suggests that you have a medical exam before starting any exercise program, then at least once a year thereafter. Also, warm up for at least 10 minutes and warm down at least 10 minutes in each workout. If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime. We recommend that you start off your training program by swimming three times a week and build to five or six times a week. Remember, all exercise programs extend your fitness and health, but they do have inherent risks.



LEFT » Lisa Baumann is the head coach and program director of AquaFit Masters, headquartered at the Nassau County Aquatic Center in East Meadow, N.Y.

PRACTICE #1 PHYSICALLY AND MENTALLY CHALLENGING MAIN INTERVAL TRAINING SET

WARM-UP

- 10 minutes choice loosen up, mixing up drill, kick and swim laps of any stroke(s)

MAIN SET

- 40 x 100 free in four rounds of decreasing rest with brief break (about 30 secs.) between each round

Select fastest interval for each level at which the lane leaders can possibly train. Final interval of each round should be about 5 secs. fewer than the level at which the swimmers are accustomed to training. Stay focused. Manage effort and stroke efficiency at beginning of each round to avoid "falling apart" by the end. Step out of comfort zone.

Level 1	Level 2	Level 3
1 on 1:25 or 1:30 or 1:35	1 on 1:40 or 1:45 or 1:50	1 on 1:55 or 2:00 or 2:05
1 on 1:20 or 1:25 or 1:30	1 on 1:35 or 1:40 or 1:45	1 on 1:50 or 1:55 or 2:00
1 on 1:15 or 1:20 or 1:25	1 on 1:30 or 1:35 or 1:40	1 on 1:45 or 1:50 or 1:55
1 on 1:10 or 1:15 or 1:20	1 on 1:25 or 1:30 or 1:35	1 on 1:40 or 1:45 or 1:50
...		
2 on 1:25 or 1:30 or 1:35	2 on 1:40 or 1:45 or 1:50	2 on 1:55 or 2:00 or 2:05
2 on 1:20 or 1:25 or 1:30	2 on 1:35 or 1:40 or 1:45	2 on 1:50 or 1:55 or 2:00
2 on 1:15 or 1:20 or 1:25	2 on 1:30 or 1:35 or 1:40	2 on 1:45 or 1:50 or 1:55
2 on 1:10 or 1:15 or 1:20	2 on 1:25 or 1:30 or 1:35	2 on 1:40 or 1:45 or 1:50
...		
3 on 1:25 or 1:30 or 1:35	3 on 1:40 or 1:45 or 1:50	3 on 1:55 or 2:00 or 2:05
3 on 1:20 or 1:25 or 1:30	3 on 1:35 or 1:40 or 1:45	3 on 1:50 or 1:55 or 2:00
3 on 1:15 or 1:20 or 1:25	3 on 1:30 or 1:35 or 1:40	3 on 1:45 or 1:50 or 1:55
3 on 1:10 or 1:15 or 1:20	3 on 1:25 or 1:30 or 1:35	3 on 1:40 or 1:45 or 1:50
...		
4 on 1:25 or 1:30 or 1:35	4 on 1:40 or 1:45 or 1:50	4 on 1:55 or 2:00 or 2:05
4 on 1:20 or 1:25 or 1:30	4 on 1:35 or 1:40 or 1:45	4 on 1:50 or 1:55 or 2:00
4 on 1:15 or 1:20 or 1:25	4 on 1:30 or 1:35 or 1:40	4 on 1:45 or 1:50 or 1:55
4 on 1:10 or 1:15 or 1:20	4 on 1:25 or 1:30 or 1:35	4 on 1:40 or 1:45 or 1:50

COOL-DOWN

- 200 EZ as 2 x (25 drill + 25 swim + 25 kick + 25 swim)

TOTAL = About 4,700 Yards



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FINA MASTERS WORLD RECORDS ECLIPSED AT USMS NATIONALS

Four swimmers took down a total of 10 FINA Masters world records at the USMS Long Course National Championships, Aug. 9-12, in Puerto Rico. **Carolyn Boak** led the way with five in the women's 65-69 age group—50 and 200 free (31.84 and 2:39.05), 100 and 200 fly (1:26.17 and 3:21.42) and 200 IM (3:06.10).



ABOVE » Carolyn Boak

Meanwhile, **Rich Abrahams** took down three records in the same age group for men. His record-breaking swims came in the 50 and 100 free (27.09 and 1:00.38) plus the 100 fly (1:07.34).

Additionally, **Laura Val** lowered the women's 55-59 50 back record to 33.75, while **Matt Haupt** finished the men's 30-34 200 fly in 2:03.76 to nip the previous mark of 2:03.85.



2011 USMS NATIONALS APPROACHING!

The **2011 USMS Short Course National Championships** will be hosted by Mesa Aquatics in Tempe, Ariz., from April 28-May 1. Mesa will also host the Arizona SCY state meet from April 1-3, offering swimmers an opportunity to "test the waters" of the nationals pool. Temperatures are typically in the mid-80s in April. Check out Mesa's website for more information: <http://www.teamunify.com/Home/jsp?team=amsmac>



COLONIES ZONE MEET FEATURES THREE WORLD RECORDS

Three FINA Masters world records were bettered at the

GUTTERTalk



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PRACTICE #2

200 AND 400 YARD INDIVIDUAL MEDLEY TRAINING

WARM-UP

- 2 x 300 on your own (30 secs. rest) as follows:
 #1: 25 drill back + 25 swim free + 50 drill back + 50 swim free + 75 drill back + 75 swim free
 #2: 75 drill breast + 75 swim free + 50 drill breast + 50 swim free + 25 drill breast + 25 swim free

MAIN SET

Level 1	Level 2	Level 3
■ 20 x 25 k/s fly 1 x kick on :35 1 x swim on :25	20 x 25 k/s fly 1 x kick on :40 1 x swim on :30	20 x 25 k/s fly 1 x kick on :45 1 x swim on :35
2 x kick on :35 2 x swim on :25 3 x kick on :35 3 x swim on :25 4 x kick on :35 4 x swim on :25	2 x kick on :40 2 x swim on :30 3 x kick on :40 3 x swim on :30 4 x kick on :40 4 x swim on :30	2 x kick on :45 2 x swim on :35 3 x kick on :45 3 x swim on :35 4 x kick on :45 4 x swim on :35
. . .		
■ 4 x 250 swim IM combos 25 fly-50 back-75 breast-100 free on a: :25 to :30 rest interval	4 x 250 swim IM combos :35 to :40 rest interval	3 x 250 swim IM combos :45 to :50 rest interval
. . .		
■ 8 x 75 active recovery on your own :15 rest Odd: 25 drill (fly) - 25 kick (back) - 25 pull (breast) Even: 25 drill (back) - 25 kick (breast) - 25 swim (free)	6 x 75 active recovery on your own :15-:20 rest	6 x 75 active recovery on your own :20 rest
. . .		
■ 2 x 300 swim ladders as follows: #1: 25 back + 25 breast + 50 back + 50 breast + 75 back + 75 breast #2: 75 breast + 75 free + 50 breast + 50 free + 25 breast + 25 free on a :30 rest interval	on 1 :40 rest interval	on a :50 rest interval
. . .		
■ 12 x 50 swim IM combos Ten apart on :50 or :55 2 x (25 fly + 25 back) 2 x 50 back 2 x (25 back + 25 breast) 2 x 50 breast 2 x (25 breast + 25 free)	9 x 50 swim IM combos Ten apart on :55 or 1:00 1 x (25 fly + 25 back) 2 x 50 back 1 x (25 back + 25 breast) 2 x 50 breast 1 x (25 breast + 25 free)	9 x 50 swim IM combos Ten apart on 1:00 or 1:05 1 x (25 fly + 25 back) 2 x 50 back 1 x 25 back + 25 breast) 2 x 50 breast 1 x (25 breast + 25 free)

COOL-DOWN

- 100 EZ as 2 x (25 drill + 25 swim)

TOTAL = 4,000 Yards

3,700 Yards

3,450 Yards

Colonies Zone Long Course Meet, Aug. 21-22, in College Park, Md. **Beth Schreiner**, 69, **Laura Walker**, 73, **Johnnie Detrick**, 75, and **Betsy Durrant**, 69, of Virginia Masters combined to break two records in the women's 280-319 age group in the 400 and 800 free relay (6:07.55 and 13:43.35). **Jerry Frentsos**, 45, added a world record in the men's 45-49 200 IM with a 2:14.90.

2012 USMS SUMMER NATIONALS TO BE HELD IN OMAHA

USA Swimming and U.S. Masters Swimming recently announced that the **2012 USMS Summer Long Course Championships** will be contested July 5-9 in Omaha, Neb.—immediately following the U.S. Olympic Team Trials. The meet will be held in the same pool as Trials and will bring thousands of the country's top swimmers to Omaha for a fun-filled two weeks of fast swimming.

OPEN WATER NEWS

Registration is now open for the **3rd Annual Kingdom**

race in Newport Bay. The event is sanctioned by USMS. For registration and more information, check out <http://www.kingdomswim.org>. Registration fees will increase Jan. 1.



If you enjoyed the cultural experience of Gothenburg, Sweden at this summer's World Championships, another swimming event is coming to Sweden next summer that is worth checking out. The **Lulea Midnight Swim**, a 3K open water race, will be held July 2 and launch at 11:45 p.m. For more information, visit <http://www.luleamidnightswim.com>.



Charlie Rimkus, 19, and **Stefan Timms**, 38, were the overall winners of the Big Shoulders Open Water swim in Lake Michigan in September. Rimkus completed the 5K course in 1 hour, 6 minutes, 17 seconds—eight seconds ahead of second-place finisher **Adam Dawkins**. Timms won the 2.5K race in 34 minutes, 47 seconds—more than two minutes ahead of **David**