

muscles and get your heart rate elevated. When you're done, swim leisurely for a few minutes or get out of the pool and walk around for four to five minutes until your heart rate returns to normal.

Be sure to stretch the following major muscle groups after you warm up to prevent injury and again after exercising to promote flexibility and prevent soreness:

Biceps Calves Gluteus muscles (a.k.a. glutes) Hamstrings Quadriceps (a.k.a. quads) Triceps

Nutritional Balance Tips

This is an excerpt from the January-February 2005 issue of Splash, in which former Olympian and professional chef Nicole Haislett answers some questions from readers on nutrition. Here, Haislett offers some advice on the proper balance of carbohydrate, protein and fat.

Haislett's Tip:

As an athlete, what you put into your body is also far more important than for someone who is not in serious training. A proper balance of carbohydrates, protein and fat is essential to optimizing training. A swimmer needs ample carbohydrates since low glycogen (converted carbohydrates) leads to early fatigue. Protein is valuable because it is responsible for the growth and formation of new tissues and for repairing damaged tissues. A prime example is your muscles, which a swimmer is continuously trying to build and restore. Finally, fat should not be seen as a bad word. It's necessary in everyone's diet. It provides energy, protects our organs, carries certain vitamins and maintains body temperature. An athlete should try to limit the amount of fat they consume (less than 30 percent of their diet) and avoid saturated fats, which typically come from animal sources and tropical oils.

Be sure to catch Nicole's column, "Fast Food," in each issue of USA Swimming's Splash magazine.

Recipe: Coleslaw with Honey Mustard Dressing (courtesy of www.usaswimming.org)

Coleslaw is a popular summer salad made from shredded or chopped cabbage. The dressing depends on which cook book you read. Although some prefer the cabbage to be dressed with vinaigrette, most recipes call for mayonnaise-based dressing.

Cabbage is part of the cruciferous vegetable family, which also includes Brussels sprouts, broccoli, cauliflower, kale and other vegetables. The word cabbage is derived from the French word "caboche," a colloquialism for "head." In addition to being very low in calories and fat-free, cabbage is an antioxidant with anti-inflammatory properties, and is thought to help reduce the risk of many types of diseases, particularly breast cancer and other female cancers.

This month, we're reinventing coleslaw just in time for your summer barbecues. The typical coleslaw dressing contains 1/2 cup mayonnaise and two tablespoons of sugar, which can make a one-cup serving of coleslaw more than 150 calories with 15 grams of fat. This honey-mustard dressing is not only full of great flavor, it reduces the calories to

about 20 calories per serving with zero grams of fat!

Ingredients

1 small Napa cabbage, thinly sliced (about 6 cups)
2 carrots, shredded or julienne
3 green onions, chopped
1/3 cup prepared yellow mustard
1/8 cup apple cider vinegar
1/8 cup orange juice
2T honey
Fresh ground black pepper (to taste)

Toss the first three ingredients in a large mixing bowl. Whisk together remaining ingredients and toss with cabbage mixture to coat. Chill for 30 minutes before serving.

Servings – 6

Calories per serving – 25

Grams of fat per serving – 0

Current Issue of USMS Swimmer

- Better Starts
- Swimming for Freedom – Indiana Masters Swimmer Recalls Ultimate Distance Journey
- Double-Edged Sun
- Timeout for Training
- More articles in the current issue

For all articles see the current July/August issue of USMS Swimmer. If you are not getting your issue, check your current USMS membership.



August

Thursday – Monday, August 11-14 USMS Long Course Nationals
Sunday, August 21 – MAM 2x1 Relay
Saturday, August 27 – TCAM Pinecrest Lake (1,2-mile)

September

Sunday, September 11, RAD, Whiskeytown (1, 2-mile)
Sunday, September 18, SMMM Meters Pentathlon
Sunday, September 25, RCP Tiberon Mile

October

Sunday, October 1, SAC Pentathlon
Friday – Sunday, October 7-9, WCM Pacific Masters SCM Championships
Sunday, October 23, MVM Alan Liu Invitational
Saturday, October 29, TCAM, Tuolumne County Short Course Meters

December

Saturday, December 3, SNM, Reno Winners Meet

Lanes Lines is edited by Henry Chan. For questions, concerns, or to submit content for future issues, send to hymc219@hotmail.com. Always remember, keep swimming!