

Lane Lines



Announcements:

- The Marlins Meters Pentathlon: September 18
- Morning workouts on Mondays, Wednesday, and Fridays start at 5:30am!!!
- The next committee morning will be September 17, at 10:15am

National Long Course Championships
 - Don Galine
 Mission Viejo, CA - A group of San Mateo Master Marlins finished third in the nation in the Men's 240-plus Freestyle Relay at the National Swimming Championships that took place in Mission Viejo, California. Local members of the team included Richard Ennis (San Mateo), Gary Brenner (Belmont), Ross Shoemaker (San Mateo) and Don Galine (Hillsborough). In addition, Don Galine and Dick Ennis finished in third place in the Butterfly and 200 Meter Freestyle, respectively.

This was one of the largest national Masters meets in the last decade, with over 1100 participants.

Congrats to all participants at the 2005 USMS Long Course National Championships!

The San Mateo Master Marlins were well represented at the meet. In addition, as a team, we placed extremely well. Overall, the team placed 27th with 216 points. The women placed 38th, and the men placed 26th, respectively.

Rev' em Up for Stanford

- Joe Seliber
 In July issues of Lanes Lines, I reported on some technical observations made while, viewing young swimmers at the Stanford Invitational meet last May. The world-class swimmers included Natalie Coughlin and Michael Phelps. In concluded, with tongue in cheek, that at age 80 (Long Course) the take home message for me was that I should wear a blue swim cap; the same color swim cap that Michael Phelps wore. Well, I did and had remarkable success at the PMS Long Course Championships in July.

For those of you who missed the headlines in the San Francisco Chronicle, I scored seven first place finishes in individual events while contributing my year, if not my speed, to four relays. The reason for this sudden success was not a recent ingestion of testosterone equivalents. Simply put, the three or four other guys who usually show up in my age group, didn't. This became apparent half-way through my first day (Saturday), when my sole competitor listed for the 200 freestyle did not appear on the starting blocks. By the end of the day, I had three blue ribbons. I was in a state of tantalized anticipation all the way through Sunday because no other competitor was listed on the heat sheets. I usually register for seven events and this meet was no exception. All through the day, I wondered if someone in my age group would come in late and be accepted as a swimmer by the judges. It didn't happen. The last event of the 12-hour day was the 800 meter freestyle. When I got up on the starting blocks I was as tired as if I had just completed the 1 Hour Postal Swim. I didn't want anymore. My buddy Don Stupfel, who won the high point trophy for his age group (75-79), counseled me, "Take it easy. All you have to do is finish." It seemed un-American to do that after I had exhausted myself on each of the other events that day. The cool water felt refreshing for the first few yards and I felt I could manage a lively pace. At the end of the 50 meters there were no more calories to burn and I settled back to a survival pace. No one was counting laps for me. I have trouble counting 400 meters under the best of circumstances. When there were no more bodies in the water, I assumed there was another 100 meters to go. No such

luck, "Do another hundred." Before the high point trophies were handed out, I inquired of the officials if it was legitimate for me to accept the trophy for my age group since there was no competition. They smiled at my naiveté, "You got 7 first places, and that's all that counts."

There is a little moral to this story. It's about team spirit. My impression is that the other two or three men who didn't show up, work out more or less on their own. I don't know if they were ill or had other commitments. I know I'm at Joinville Pool three times per week and the group training effects take hold after the first half-hour of interval training. I have a busy life with many interesting projects that require time and energy, so I don't like to waste the limited energy supply I now have. But when the ladies and gents in my lane are going all out for the last half hour, I generally do the same. That puts me in pretty good shape and it would be a pity to waste that conditioning by not competing. I think my lane mates get a kick out of the accomplishments of "one of their own." I have been a Masters swimmer for over 25 years; 20 years or so with the Evanston Wildcatfish of Illinois and about six years with the Marlins. The value of the group; the "spirit de corps," or if you wish the anguish in common, establishes a bond which makes swimming to "help the team" important. Not essential, but important. I believe the results I got at Santa Cruz are due to the Marlins Group effect and the blue swim cap. It's the formula I'm going to use from now on.

Nutrition for Swimmers

Reprinted from www.usaswimming.com

One of the building blocks of quality training is good nutrition. Every swimmer and parent needs to be aware of the following two points:

1. Food does NOT make a swimmer swim fast. That's right. Food does not make him swim fast. What does make him swim fast? Training. Training makes him swim fast.
2. QUALITY training makes him swim fast. A vital part of quality training is good nutrition!

Believe it or not, your swimmer doesn't get fast during practice. In practice she might see her times improving, but her adaptation to training (i.e. getting faster) actually occurs while her body is at rest. Workout is the stimulus that causes this to happen.

Workouts are hard! They're supposed to be. They're designed to tell the body, "This is hard work for me...you better do something to enable me to do it again later." And the body actually responds by becoming more efficient – aerobically and anaerobically. During its time off, the body WILL adapt, but only if given the proper fuels.

Phelps in China

Last month, US Olympian Michael Phelps traveled to China, one a trip was sponsored by Matsunichi, a Chinese company specializing in electronics. The six-day trip, took Phelps to Hong Kong and Beijing. Some highlights from the trip were a visit to the pool site for 2008 and visits to Tiananmen Square, The Great Wall, and the famous street market, Silk Street. To read more about the trip go to <http://www.usaswimming.org>.

Hypoxic Breathing

- Henry Chan

After swimming a long set, do you find yourself breathing heavier? The definition of hypoxic is a deficiency of oxygen reaching the tissues of the body. Hypoxic training involves the reduction or elimination of breathing during swimming. Hypoxic training increases the ability of muscles to work better when oxygen levels are low, and the benefits can be seen in situations such as a 200-meter race, or an open water race. It is believed that by reducing the number of breathes per lap will increase a swimmer's speed, because changing body position to take a breath tends to increase drag.

Hypoxic training can simulate training at altitude because of the restriction of oxygen supply in blood and tissues during exercise. By utilizing hypoxic training, this could be a good preparation for events such as the Trans-Tahoe Relay Invitational. Keep that in mind for next year.

Hypoxic training can be a form of discipline to help swimmers correct bad habits. Most swimmers breath on the first stroke off the wall, and by utilizing hypoxic training, a swimmer can correct that habit. If you have prepared yourself to control your breathing patterns, you can maintain your stroke during critical points of a race, or just even making a tough interval at practice.

Hypoxic training can be extremely dangerous because of the restriction of air. Any kind of training should be conducted under supervised workouts where you are being observed by a coach.

The development of hypoxic training is credited to legendary coach, Dr. James Councilman of Indiana University. For more information on hypoxic breathing, see Thomas or go to www.usaswimming.com, and search for hypoxic breathing.

Material for this article courtesy of www.usaswimming.com, www.findarticles.com, and Coach Thomas.

Is Your Suit a Drag?

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May 1, 2005

Mrs. X pulls her suit on every day before practice, and every day I want to say something but I don't. It's possible that the suit was her correct size at some point in the far distant past. Now though, it has stretched out to such an extent that she practically has to waddle out of the locker room to avoid its sagging back side.

For some, this is entirely normal and expected attire for swim workouts. When I was in high school, swimming doubles practices every day, all the girls wore such "drag" suits. The deal was, you'd put on a regular suit first, and then over it, one of your old, threadbare, stretched out suits. That second suit would create extra drag during the workout; the swimmer's equivalent of jogging with dumbbells. At competition, in only a super-tight racing suit, the water would feel that much faster.

The key here is that Mrs. X is not wearing a regular suit under her "drag" suit. And I'm fairly sure she doesn't intend to create the drag. The problem with regular lycra/spandex suits is that the chlorine dissolves them over time. After awhile, in addition to completely losing their shape, these suits fade in color to the alarming point where they become almost translucent. Swimming in direct sunlight speeds this process up dramatically. But since many swimmers wear the same suit every day, they don't notice the steady decline. I've found that a lycra/spandex suit will last for three months of swimming almost every day in direct sun before it must be retired to "drag" status.

There are several solutions to the dissolving suit problem. One solution, as Mrs. X exemplifies, is to ignore it. Soft flesh may look extra droopy, and you might end up showing more bodily definitions through the fabric than is conventional, but you don't

have to buy another suit. Another tactic is to find the suit you like on sale, and buy a bunch of them, cycling through. The best answer to this problem, however, is to go polyester.

Polyester suits were introduced in the late 1990s. Originally they were only offered in a one-piece style and were advertised as "training suits". These suits caught on fast with high school and college teams. Polyester fabric does not suffer from the stretching out or fading that plagues traditional bathing suit textiles. Because of this, the lifetime of the suit is extended significantly, and suit manufacturers used to charge a premium for them. Now however, polyester suits are made by all the major brand labels, and are priced similarly to all other suits. The only drawbacks are that the fabric does not feel as soft to the touch as others, and since they don't stretch, the sizing may appear to run smaller than the lycra/spandex suits. I've owned several of these suits over my swimming career. The current one I've swum in regularly for two years and it looks brand new.

So if you think you might be Mrs. X, the next time you put on your suit pinch a bit of the fabric—if you can pull it several inches away from your body, maybe its time to go shopping.

Notes from the Editor

This past year, I swam my first ever open water events. Cold water, not being able to see the bottom, choppy water, and long distances were some of the facts that intimidated me. But, I conquered the open water fear and am on my way to doing more events. With the open water swim season coming to an end, I look back at my failure at Lake Berryessa and have a great feeling of accomplishment after swimming the 2x1 Open Water Relay in Fremont last month. I have a few suggestions to offer:

1. swim to the correct buoy
2. swim in a straight line

Swimming isn't hard; it's the mental blocks that will stop you. I know plenty of former swimmers who just can't bring themselves to get back into the pool. Some have, some haven't, and in all cases, it's all about showing support. So keep supporting your friends and family, get them back into the pool. Swimming is fun and healthy!



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!