

**Masters Weekly News Update
Thursday, September 28th, 2017**

FYI: (tomorrow and Saturday) NO Friday Evening and Saturday Morning Workouts
--due to college water polo

1. Team Dinner
2. Seasonal Plan and How We Train
3. Event and Upcoming Meets
4. Words from Coach Mark

Team Dinner Friday Night

Join us Friday for a team dinner at:



Where: High Park Tap House

Location: 23641 Via Linda, Mission Viejo,

Time: 6:00 PM

Seasonal Plan and How We Train

**Short Course Meters Season: Fitness/ Aerobic
Base/Technique (Sept. - Dec.)**

We primarily train competitive/fitness swimming with the

climax of the season being the SPMS Regional SCM Championship Meet held this year at the Commence Pool in the City of Commerce. In addition, we have for the fitness swimmers, the USMS E-Postal One-Hour Swim.

We train all systems with focus on aerobic endurance, pacing, vo2, flip turns, and stroke technique.

We think all individuals are important regardless of the reason why they swim. And we hope the way we structure our workouts is a reflection of this. We are confident that our workouts will help you reach your target fitness level, improve and maximize your performance, build confidence, and above all, prepare you for the Championship Meet.

We primarily train using the 4 training zones with focus on VO2, sprints, race strategy, stroke techniques, starts and turns. We believe that successful competition swimming is the ability to maintain good technique and excellent skills at high speed when fatigued and when experiencing race pressures.

Achieving this requires that we focus on the development of the following 5 elements:

Skills: Fundamentals, timing, breathing, and balance

Technique: Drills, perfect strokes, maximum distance per stroke, proper kicking

Endurance: the ability to sustain speed and be fatigue resistant

Turns: fast, powerful, explosive with great streamlining

Starts: Strong, powerful, explosive with great streamlining.

Sorting out the training zone stuff

1. Recovery - slow and easy, relaxed.
(50-65% maximum effort). Feels easy and comfortable
2. Endurance - steady, rhythmic and relaxed.
(65-75% maximum effort). Feels comfortable to moderate.
3. Speed Development - maximum speed with minimum effort.
(100% maximum effort). Feels fast, but controlled.
4. Race Pace Specific - target race speed with race stroke count and stroke rate. (80-100% maximum effort). Feels fast, but controlled

Events and Upcoming Meets

10/08 Sunday

UCLA Masters Short Course, Los Angeles

10/22 Sunday

Pierce College Spooky Shoot, Woodland Hills

11/17-11/19 Fri-Sun

Gobbler Classic Short Course Yards, SLO

12/01-12/03 Fri-Sun 2017 SPMS Short Course Meters
Championships Commerce, CA

Thursday, December 7, 2017
Annual Team Christmas party
---Save the Date

Words from Coach Mark

"FEEL-GOOD SWIMMING"

The goal of a "feel good" swim is to make the sensations you get on a hard set feel good, rather than bad. The idea of "feel good" is to experience the sensations you get when swimming hard in a new and non-threatening light.

When you think about it- the only thing that makes a hard set feel bad is when you think it "hurts". The sensations themselves can easily be interesting or even pleasant. When you perceive them as unpleasant, it is because you think they "hurt".

You feel them. They catch your attention. They can be intense. But they don't have to hurt or be experienced as painful if you label them otherwise and understand that there is no impending or actual biological damage. These sensations will signal biological growth through adaptation.

Experience the discomfort as something good. Make it a "feel-good" experience. Seek out these sensations. Make them happen. Notice them. Then, make a point to adapt to this new "feel-good" style in your swimming

...Coach Mark

***SWIMMING FOR FITNESS, SWIMMING FOR FUN,
SWIMMING FOR LIFE!***
