

Hello 757Swim!

I am sure by now you have all began brainstorming creative ways to participate in our "swim" at home challenge. If you havent seen our next big thing after the mascot challenge take a look at our Facebook or Instagram pages! With swimming being in a completely different medium than most sports, having access to water to train during this time is difficult to come by. The at home workouts have been designed thoughtfully to benefit our athletes and prepare them for the getting back in the water. I dont think anyone can say for certain when, but we can say for certain that we are coming back and its important to be ready! So why did we chose Biking and Running?

Biking and Running are going to be a swimmers best friend during this time in terms of cardiovascular fitness. In a typical practice a swimmers heart rate is going to vary as work is placed at various intervals and varied intensity. I have always referred to this as a car driving in the city, its stop and go and your car burns more fuel because it is being less efficient. The most efficient way a car operates is at a held speed over distance, same is true for your heart. Dependig on the goal of that practice the coach might want you in a city environment or in a highway environment or as we coaches call it: Aerobic/Anerobic (City) or Threshold (Highway).

Aerobic excercises are typically swimming, running and biking. Things you can do for a long period of time without a huge heart rate spike. Anerobic exercises are explosive fast high heart rate and "redlining". These are unsustainable for long periods. In practice we as coaches are trying to get athletes to bounce from aerobic to anerobic and then come back down to aerobic order to perform the rep again. Threshold is the fine line between them and thats what were looking for with our running and biking during the at home workouts.

Think of a cup. Now imagine that cup has a small hole in the bottom. You begin to flow water into the cup and it begins to fill as more water is entering than is escaping. It overflows and you stop flowing water and the water line drops as the cup drains out the whole. Then you do it again once empty. That is Aerobic/Anerobic training. In threshold training, the goal is to fill the cup to the brim and then taper off how much water is entering so that the same amount of water is exiting as is being introuduced and the water level remains the same. That is threshold.

A question was asked of me during a zoom chat why we are doing times instead of doing distances on our runs or biking. Threshold is the answer. If you sprint to your destination you will not be hitting threshold. You will be anerobic which is not sustainable and doesnt illicit the same physiological response. Threshold training is literally who can work the hardest the longest and in swimming thats what we do. All other variabes being even, the person who works harder longer wins. The average person can sit at threshold for about 20 minutes. The average athlete 30 minutes. The advanced athelte 40 minutes or more. Threshold is found at 75-90% heart rate depending on the athlete. Holding that is going to get your body to create the best adaptation and create the best response.

So while biking and running think about this and how it transfers over to your swimming. Think about how you feel during sets cardiovascularly and try and recreate that feeling. Imagine a teammate behind you trying to catch you and you have to hold them off. If you dont like running,

get on the bike. If you dont like biking, go run. If you dont like either find some roller blades or a scooter or something and get your heart rate up and hold it there. Its not about the run or the bike itself, its about the heartrate being elevated and held.

Running and Biking will have physical strength responses that will help and translate in the pool as well. But ive rambled enough for one day. Keep working. Have a goal during this time. Do something that makes YOU happy everyday and spend some time outdoors the sun. Your day is going to come.

Thank you all,

Drew

Next Monday (4/13) at 3pm, Jay Chambers, a performance manager with USA Swimming, will be hosting a Zoom Conference call for the swimmers of 757swim. His presentation, titled "Above the Line," will focus on what any swimmer can do to reach his or her potential. This is a great opportunity for our athletes! Stay tuned for the Zoom invitation.

Jay Chambers on "Above the Line": In order for swimmers to reach their potential, we believe that they need to do the same types of things that Michael Phelps and other Olympians do to reach their potential. I will be sharing the choices that athletes can make that will help them reach their potential. These will be the types of things that all can do, regardless of the level where they find themselves currently.