

Masters Swimming for Triathletes Tuesday and Thursday, 6-7:15 AM

These master swim workouts are geared towards athletes that race in triathlons. Of course, all swimmers are welcome to come, but most of the focus for these sessions will be on preparing for the open water swim portion of a triathlon. Listed below are some of the things we focus on in our practices.

Most of the sets we do are freestyle, although there will be some stroke choice during warm-up to get shoulders loosened up and for variety.

We don't do very much kicking, as I would like you to save your legs for the biking and running parts of your training.

Many of the main sets will emphasize going out very fast at the beginning and then settling down with the pace you are going to hold for the rest of your race. There are a couple of reasons that I like to train triathletes this way. First of all, with the excitement of the start of the race, we tend to go out a little faster than we would be holding for the given distance. Also, it is a good idea to go out a little faster anyway so that you can get ahead of the swimmers that may be able to sprint, but cannot maintain the same pace and you end up having to swim over them. If we train for this, then our bodies will get used to going anaerobic at the beginning of a race, but still be able to settle the heart rate back down to finish out the swim.

Tuesdays tend to be shorter, faster repeats to work on that front speed. This also complements Matt's Monday class which is usually distance oriented for those that are swimming 4-5 days a week in the mornings. Thursdays are generally longer repeats working at Threshold speeds to improve our endurance. Then, if athletes end the week with Matt's Friday sprint workout, they will have a balanced week of swim training.

Also, as technique is always crucial for swimming, on the first Tuesday of each month we have a drill day. This gives us an opportunity to slow down and really focus on technique, trying to look at the weaknesses of each individual swimmer.

In addition, as Matt mentions in his letter, this year we will be creating a website to keep you better informed about all HRCA masters programs and other competitive swimming & triathlon issues. The site can be found at: <http://highlandsranch.usswim.net/HRCA%20MASTERS.htm> . We will also have an email list available to those that wish to have their email posted on the site. Please fill out the attached questionnaire and return to a coach with in 1 week. If you have any questions about any of the HRCA programs, please feel free to ask.

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