

# Mastersplash



## In This Issue

The Gravel Pond at  
Chatfield

Workout Group Coaches  
Please Register Your  
Info With USMS

Swim Workout Variety  
for Improved  
Performance

CMS Apparel

Local and National  
Swimming Links

Whats Happening at  
USMS

## Quick Links

[Register Now](#)

[Clubs and Workout  
Groups](#)

[More About Us](#)

## UPCOMING EVENTS

SAVE THE DATES:  
Oct 24, 2015  
CU Buff Invitational  
(Recognized meet)  
CU Rec Center Pool

Nov 14, 2015  
9th Annual "Nash  
Splash" Memorial Meet  
(Sanctioned meet)

## AUGUST 2015

Best to all of the Colorado Swimmers at Long Course Nationals in Cleveland and other swimmers in their open water endeavors as the summer winds down.

Happy swimming to all.

Heide Crino  
heidecrino@gmail.com

### The Gravel Pond at Chatfield

Yes, the gravel pond at Chatfield is open. And in order to stay open to COMSA members, more volunteer monitors are required for the month of August. Please use the link below to sign up for a shift. Thank you!

<https://m.signupgenius.com/#!/showSignUp/20f044aacae2ba20-august1>

any further questions??  
Contact: the openwater chair  
email: [shelleswims@gmail.com](mailto:shelleswims@gmail.com)

### Work out group leaders/coaches please update your information with the USMS data base.

A note from the USMS Membership Director:

We receive many calls at the USMS national office asking, "Where can I find a Masters team to swim with?"

We always direct the caller to go to the USMS Places to Swim page on [usms.org](http://usms.org), enter their zip code, and search for a program.

It is important that our clubs keep their listings as up-to-date as possible.

Listings are not automatically updated when a club registers with us because the listings are geo-coded by pool location.

I am writing to ask you to check your listings and update them if necessary.

Here's how to do that:

- Go to: <http://www.usms.org/placswim/>
- Enter your zip code and a mileage radius
- Click the "Go!" button
- Scroll down below the Google map and find your club's listings

VMAC

## ONGOING EVENTS

COMSA  
Registration  
registration link

2015 Check Off  
Challenge  
info and registration

2015 Go The  
Distance  
Enter Go the Distance

[More Information](#)

[Contact](#)

- If your listing needs to be updated, click the "Modify this listing" link within the listing
- If you don't see a listing for your club or pool, add one by scrolling back up to the Google map and clicking the "Add a new listing" link just below the map.

Thank you for helping us keep these listings accurate. Doing so helps us direct prospective members to your program!

Anna Lea Matysek  
USMS Membership Director

## Swimming Workout Variety for Improved Performance Challenge yourself and mix it up!

from USMS.org

Swimming Workout Variety for Improved Performance Challenge yourself and mix it up!

by Terry Heggy | August 3, 2015

Albert Einstein defined insanity as "doing the same thing over and over and expecting different results." Yet many Masters swimmers repeat the same workout with only minor variety, and then wonder why they don't improve. Here are some suggestions to help you break out of that rut.

### *Embrace Disorder*

- Swim 100 IMs with the order mixed up. If you do every combination, you'll get through 18 unique 100s. It's fun to print the options on strips of paper and let each person in your lane pull one out of a bowl as you go through the set.
- Swim IMs made up of nonstandard strokes. Throw in some sidestroke, corkscrew, dogpaddle, or [Tazmanian Hula](#).
- Swim freestyle with dolphin kick, backstroke with breaststroke kick, or butterfly with flutter kick. You'll be surprised how much concentration and effort it takes to do it right.

### *Rolling Thunder*

Different levels of intensity train different metabolic systems, which is why we all need to mix in some sprinting, threshold swims, long, slow distance, etc. But a good fusion set can be an interesting way to challenge yourself as well.

- Swim a set of 5 x 200 free, with 100 of each repeat at a significantly higher effort, trying to keep the total 200 time the same throughout the set. Take plenty of rest:
  - 100 hard, 100 moderate
  - 25 moderate, 100 hard, 75 moderate
  - 50 moderate, 100 hard, 50 moderate
  - 75 moderate, 100 hard, 25 moderate
  - 100 moderate, 100 hard

You can extend this idea to any distance. For 500s, you might swim 150 of it at the higher intensity. Pay attention to how you feel on each repeat; you'll likely learn something about how you should pace your races.

### *Immersion Inversion*

Just roll over and do your favorite set on your back.

This is especially good for those swimmers (I'm talking to you, triathletes) who rarely practice nonfreestyle strokes. Backstroke not only helps you balance muscular development and open up your chest, but it also forces you to pay attention to your bodyline and drag profile. This focus pays dividends to your freestyle through improved awareness and flexibility.

Practicing your butterfly and breaststroke skills on your back also pays off. A two-arm backstroke with dolphin kick (aka inverted fly) works your core while it challenges your rhythm and coordination. Breaststroke kick on your back allows you to really focus on keeping your knees in the correct position (i.e., not lifting them too high up out of the water during recovery) and then accelerating the feet all the way together to finish the kick thrust motion.

#### *Creative Accessorizing*

*Don't let your equipment get in a rut, either.*

- Swim with your pull buoy as if it were a water polo ball, pushing it in front of you with your bow wave. Or swim with it on top of your head. These drills force you to develop a powerful kick while maintaining awareness of your upper body orientation.
- Or, do an arms-only pull set without the buoy! Lock your toes together (or use a stretch band to lock your legs together sans flotation). Without a buoy supporting your inactive legs, you'll be forced to develop a good extension on your catch and execute a powerful pull. (This is a tough one, so to avoid practicing poor body position, you should do this drill sparingly, and only when you're fresh and strong.)
- Grab a brick or dumbbell (or your water bottle, etc.) and do some vertical kicking in the deep end. Your leg muscles will get a good workout while you gain awareness of your ankle flexibility and core strength.

[read more](#)

## CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgstems/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677>

username: colorado  
password: masters

## Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

## What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching

tips, Competitions nation wide, and many other areas of interest to swimmers everywhere .... [U. S. Masters Swimming](#)