



RRM SPLASH

Happy February Birthdays!

- 2 Wayne Griffin
- 5 Doug Turner
- 8 Garrett Ericksen
- 17 Jean Lacobee
- 24 Howard Hart
- 28 Sandy Triplett

Welcome New Swimmers

- Terry Goel
- Tammi Herkey
- Amy Miller
- Brent Miller
- Mike Reese
- Philip Scott
- Doug Turner

February, 2007

Swim Clinic February 2-4

We have a decent turnout expected for the clinic this coming weekend but still do have some spots available. If you would like to attend, please let Bill Cleveland know immediately so proper arrangements can be made.

We are very pleased and honored to have Ed Nessel visiting us February 2-4 for a swim clinic. Ed has nearly 40 years of coaching experience and has forgotten more than most people have ever learned about swimming. Ed has also coached many adult athletes to masters accolades and is himself a many time all-American in masters swimming.

Ed's area of greatest inter-

est is physiology and bio-chemistry—exactly how to get the body to work most efficiently on many levels to get the best results from the efforts invested in swimming. Besides the depth and breadth of his knowledge qualifying him to be the USMS national librarian, he is also a prolific writer. His upcoming book, to be published later this year, will focus on swimming technique and analyzing problems to scientifically approach a more efficient way to move

through the water.

Ed will address a number of topics during his visit to Shreveport including “The

Science of Swimming” which will look at this question of efficiency. As well, he will discuss the physiology of aging and how the body changes over

time in regards to athletic abilities. We will also be regaled with a lunchtime discussion about “Eating to Win.”



Register now!

Call 564-1980

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400 Meter Test Swim

This month we did a 400 meter test swim. Some folks did a somewhat shorter swim based on their current abilities. We were very excited at the effort and results. This swim directly relates to how you should manage your pace in your regular workouts.

What you need to do is to take your 400 time and divide it by 4 to get a good idea of a pace time. For instance, if you went 6:00 on the 400, then a pace time of 1:30 for 100s is appropriate. Similarly, a time of 7:00 would be a pace time of 1:45 per 100.

When we do sets of 100s with :15 or :20 rest, take your pace time and add the rest interval. Then set this time as your fixed interval time and try to hit your pace time on each repeat. We will have this information at the pool to remind you.



Sprint Test Sets

You'll likely have noticed that we have gotten the stopwatch out a number of times this month. You can expect that to happen again as we try to help you test yourself and improve.

This month we did a set of 5 x 50 on 4:00 all out sprints. Although this sounds easy, the folks that did this set felt the burn, especially on the last repeats. This set measures your current fastest speed in the water. As well, it provides a good idea of your relative endurance. If there is a big increase in the times over the

5 repeats, it is clear that there is room to improve with endurance and efficiency with both moving through the water and how you burn energy.

Why do I need speed work if I am going to do long open water swims in triathlons? So many people ask us how they can increase their pace in longer swims. Testing the highest end of speed is one proven way to improve overall speed. By seeing how fast you can go, you gain new insights, sometimes unconsciously, how to move efficiently through the



water. As well, having a firm understanding of your top speed and how it impacts you can be valuable when it comes to starting races and managing bursts of speed when passing people in races.

Schedule Changes this month:

No swimming the following evenings:

- Thursday, February 1st
- Monday February 12th
- Thursday, February 15th

Due to home basketball games

Prescription Goggles

As we age, one of the first things to go (that we talk about in polite company) is our eyesight. What once was crisp and clear becomes lost in a fog, details merging into an indistinguishable blurry blob. Presbyopia, astigmatism, and other ocular afflictions...

Glasses usually do the trick above water but it is hard to read a pace clock accurately

putting on and taking off glasses. Contacts work with goggles with the ever-present fear that flooded goggles will cause your vital lenses to float away, potentially making the drive home an adventurous one.

It is possible to get prescription goggles. They are available from optometrists or vendors like Kiefer which offers them

for around \$20 per pair. If you want to go this route, you can contact Dave Young at dyoung@kiefer.com for details. Dave let me know they have 3 different styles for which prescriptions can be ground. It would be wisest to get a non-prescription pair before making a larger investment to make sure the goggles work with your face and do not flood.

Beeper Service

We have a lot of folks that swim with us and spend a lot of time protecting others in the medical field, public service, and raising families. If there is a time that you need us to monitor your cell phone or beeper and let you know when it is activated, let us know. We have done this many times for people. Do not let that issue get in the way of whether or not you should come to your swim workout!

Be Sure to Check out our Website!

We have recently updated and upgraded our website. A quick perusal will reveal a wealth of information for the swimmer new to our program as well as veterans.

The home page will have regular updates for changes in schedules and other important new information highlighted. The "About" page has information about our program along with particular policies we have

for unusual events. All of our coaches are profiled with an email link directly to them.

If you are looking to schedule your regular workouts or plan ahead for big events and competitions, check out the "Schedule" and "Events" pages.

We have links to some usual suspects along with downloadable forms to make paperwork easy for everyone.

If you are looking for some



Check us out at <http://www.redrivermasters.com>

equipment, we have arranged discounts with 2 vendors: check out the "Gear" page.

Fitness Challenge!!!

We are going to participate in the USMS Fitness Challenge called "Go the Distance."

The objective of this event is for participants to track the distance swum during 2007. All you need to do is track the distance you swim at each workout—you will be surprised how quickly it adds up! When you achieve specific distance milestones of 50 miles, 100 miles, 250 miles, 500 miles, 750 miles and 1000 miles – they will be recognized at the pool and on the USMS website.

There is no cost to enter this

event. Just come to our workouts and let us know you want your workouts to add up to something.

Once a distance milestone is achieved awards from USMS will be available for purchase. They will include swim caps, certificates, patches and t-shirts with the event logo and the distance of the milestone achieved.

This event was designed to encourage folks to track the distance they swim in order to review their progress and to be recognized for their

achievements. There is no time limit for the distance milestones (except that it must be in 2007) so speed does not count – just the effort to attain the next goal. So show up, keep track of your distance, and be prepared to be honored!

If you think that 1,000 miles is a lot, check out the information on Martin Strel who is embarking to swim the length of the Amazon River!!!

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



One Hour Postal Results

In January, we once again did the annual one hour postal swim. This is a swim-for-distance in which the participants swim for one hour and how much distance can be covered. This year, we had eleven participants.

Each of these folks entered the national competition. Participating in this and the distance swim were:

Steven Carter	4,000m
Bill Cleveland	4,115m
Louis Covington	2,112m
Wellborn Jack	2,267m
Carolyn Parke	2,962m
Randy Patton	3,237m
Leah Ramoz	3,620m
Annie Reese	2,950m
Martha Siskron	2,650m
Karen Soileau	2,900m
Tim Winter	2,405m

Congratulations to everyone who tested themselves! These folks are eligible to complete the national postal pentathlon this year with the 3k, 5k, 6k, and 10k swims later this year.

We expect to do some shorter swim for distance test sets later this year for increments such as 10, 15, 20, and 30 minutes. This should help YOU get ready for next year!



Upcoming Events & Noon Workout Reminder

We have a number of events planned for later this year—mark your calendar now if you are so inclined.

Firstly, thank you for spreading the word about Red River Masters. We continue to get new swimmers. We swim at **NOON on Monday, Wednesday, & Friday.** In addition, we continue all weekdays at 5:30 am and **Mon., Wed., & Thurs.** 6-7pm.

On **March 24-25** the Southern Masters Short Course Yards Championships will be held in **Jackson, MS.**

On **April 14**, we will likely have a one-day **clinic** featuring **Dick Bower** and his thoughts on the ergonomics and physics of swimming.

On **May 5**, the **Senior Olympics** will be at **Centenary** for ages 40+. We also plan to have a 1,650 swim at this meet that

we expect to open to all masters swimmers.

On **June 23**, **Marcia Cleveland** will join us for an **Open Water Clinic.** We are looking into staging an **open water race** sometime in **September** (isn't this when the alligators are hungriest?)

August 10-13 the USMS Long Course Nationals will be at **The Woodlands, TX.**



Pace Clock Counting???

What's that big clock over there for? Many people wonder about the outsized clock that sits by the pool with no numbers for the hours, but integers in increments of 5 going around the face. What is this beast? And what about the red hand and the black hand? Is this to be used for constructive purposes? If so, how? The pace clock is a fixture at most pools. There's a reason it's there – not just another piece of attractive decoration.

The pace clock is there to provide the ability to do exactly what its name says – to keep track of your pace. The red hand tracks seconds and the black hand tracks minutes. There is no hour hand – if you are swimming for that long, we have other tools for that... The reason for the pace clock is about the same as the speedometer of your car. In driving, you generally have an idea of what a safe speed is by your experience on the road and the speed of the cars around us. One point in having a speedometer is to check to make sure that at the current rate of speed and the known distance you have to travel that you will arrive on time to Aunt Millie's for dinner. Some people are quite concerned with their speed in comparison with the posted speed limit. However, sometimes we want to lay it wide open and see what kind of speed is under the hood and it's important to get that measure so you can have an informed discussion with law enforcement.

The same kind of logic applies to the pace clock and measuring how you are performing in the pool. The clock can be used to track where you are at any time. It is useful not only to keep track of individual efforts, but can also be used to keep track of multiple re-

peats in a set. Not only is it useful to measure the single effort of the moment, but memory lets you track how you are improving (or not) over time – it is a great device of accountability.

So how can this analog clock be used? There are a lot of ways, some involving math and some involving geometry. It's a lot easier to use geometry to keep all those numbers from getting jumbled. So how does this geometry stuff work? I'm not sure about the history and invention of the measure of time, but whoever did it was pretty clever. Using 60 for the number of seconds provides a lot of mathematical flexibility. The factors of 60 are $2 \times 2 \times 3 \times 5$. This means that 60 can be evenly divided by 1, 2, 3, 4, 5, 6, 10, 12, 15, 20, and 30.

The large hash marks are noted each 5 seconds, making the most obvious breakdown 12 groups of 5. If you leave on the 60 and come in on the 55, that is :55 seconds. If you leave on the 60 and come in on the :05, that is a 1:05. This works all the way around for various times. This idea can work for the pace time you are trying to achieve or keeping track of the send off interval.

Using the pace clock to keep track of your repeats in a set is most useful when you are going on a fixed interval. Suppose you are trying to maintain a fixed interval that ends in an :05 or a :55. This would mean that you would add or take away one large hash mark for each repeat, progressing around the clock. If you lose track of the number of repeats you have done, you can just count the number of hash marks that have gone by and voila, you are on track.

For instance, if you are doing a set of 10 x 50 with :10 rest and expecting to hold :55 on each one, the overall send off interval would be 1:05. As you go through the set, the completion point of each individual swim on the clock would be :05, or one large hash mark, before the send off point. Similarly, the next send off would be :05, or one large hash mark, after the previous send off point. As you progress through the set, the send off point advances one hash mark. Presuming you start on the 60, when you are half way done with the 10 x 50 and starting your 6th repeat you will leave on the 25. You know on this set when the send off is from the 45 that you are starting the last one!

This same approach can be taken for an interval with a :10 or :50 except there are two hash marks and each cycle around the clock is 6 repeats.

Moving to :15 or :45 creates a $\frac{1}{4}$ movement around the clock for each repeat. Each time the red hand is at the origin point for your set, you have completed 4 repeats as long as they have all been consistent. Similarly, :20 and :40 divides the clock into 3 pieces and marches around in increments of $\frac{1}{3}$ to help you count.

Getting to $\frac{1}{2}$ the clock means the interval ends in :30 with odd intervals starting on the top, or 60, and even intervals starting on the bottom, or 30.

Using this approach it makes it easier to remember where you are and keep track of the times for each repeat and set. This makes it a lot easier to count as well as knowing the

times for each effort. With this powerful knowledge, you can assess whether or not that burn you are feeling is from an extraordinary effort or perhaps some other cause. If there is no burn or elevated heart rate, you have to wonder if you are getting the most out of your workout.

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Save Money!

We recently started accepting bank drafts to pay your monthly dues. This is a great way to save \$5 a month. Members using bank drafts pay only \$35 per month versus \$40 per month with a check or cash.

To sign up for bank draft, complete the form at our website or get a form at the pool. We will do one \$0 transaction to ensure all the numbers were entered correctly. Each month, the \$35 dues will be debited from your account in the first 5 days of the month. We will send out a notice each month as a reminder.



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Is an irregular publication from an irregular bunch.

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Anything that doesn't kill you makes you stronger...