

straight line is hard for everyone. If there are not a lot of people around you, the only way to stay on track is to look up every ten or twelve strokes and see if your horizon has shifted one way or the other. You don't need to lift your whole face out of the water, you only need to lift your goggles up and take a peek hopefully within the normal rhythm of your stroke and breathing. This takes a little practice that you should do during one of your drill sets in the pool.

When the water gets a little choppy the only adjustments you need to make are to take shorter strokes and breathe away from the wind so the waves don't splash over your mouth while you are inhaling. Gag!

Training

The composition of a swim workout is not really that different from an interval workout on the track. You warm-up for 10 or 15 minutes. You do some drills or strides for a few minutes not worrying about your times. Then you do your major set of timed intervals. And just like in running, it is important to warm-down after. The only difference is that swimmers always work out like that and

runners only do it once or maybe twice a week.

Over the course of the season the components of a good swim workout will change and evolve slightly. For instance, in the first four or six weeks of your program the drill set can take up to half of your time in the water. Balancing drills, swimming with fists, and short intervals kicking and pulling should be the focus of your workout. The timed interval portion of your workout might take only 15 minutes, with no intervals longer than 90 seconds.

As you move into the endurance phase of your training you will want to continue doing some drills but start lengthening the main set to include more six, eight, or twelve length intervals.

Five weeks or so before your target race you should swap out one of your drill sets each week for a set of fast sprints of one or two lengths and using a send-off that allows you 40 seconds to two minutes rest. These sets may seem more like resting than swimming, but they're not. I find that the more I rest the faster I go, and the faster I go the harder it is to recover making for an extremely difficult and rewarding workout. This

Swimming etiquette

These rules make lap swimming more fun and safer for all involved.

1. Swim in counter-clockwise circles within your lane. The black line on the bottom of the pool is like a double yellow line on the highway. Stay on the right and never cross it! Most pools with lap swimming separate the pool into fast, medium, and slow lanes. If you are constantly swimming up behind people consider moving into a faster lane. The corollary is if you are frequently being passed, move to a slower lane. Six or seven people can share a lane easily if they are going the same pace. But just two people of different abilities can drive each other nuts trying to share a lane.

2. When you rest at the end of the pool move over near one of the lane lines. If you are in the middle of an interval and you know a faster swimmer is coming up behind you, pull over and let them pass.

3. Never let the crowds get you down. Never get angry. Every one is there to get fit and have fun, so just go with the flow and everything will be fine. •

progression of drills – endurance - speed will be lethal to your competitors who think that always going long and steady is the best way to go.

Runners take up the triathlon because of the challenge it presents. For most, mastering swimming is the biggest challenge and therefore offers the greatest rewards both physically and mentally. Your upper body will get stronger and your recovery from long runs will be quicker. Next month I will discuss how one goes about becoming a cyclist. Like swimming, cycling can be daunting, complicated, and very humbling the first few times out. But as I like to say, "If it were easy, everyone would be doing it". •

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Apple Blossom

Run

Saturday, May 7, 2005



5k, 10k and 1mile events
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Apple Blossom Festival Weekend

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