



Swanning Around

Table of Contents

- [Club News](#)
- [Upcoming "Swimming" Events](#)
- [Event Results](#)
- [Workout Hints](#)
- [Socializing](#)
- [Sundry](#)



...I'd hope for snow but I'm pretty sure Perth would think it's the apocalypse...

Club News

End of the year events to be aware of...

(Note please try to attend – it's good fun and it serves as a good summary what we have done and are trying to do as a club)

Save the dates (more information coming shortly)

- **Swim meets / open water fun / miscellaneous**
 - [Open water calendar](#)
 - *Eating your way to Rottnest* – Tues, 25 Nov at 6:30pm (Department of Sport and Recreation, 246 Vincent St, Leederville) - Check with Jon/Roslyn if you have a question about this
- **Standing dates for fun stuff**
 - Saturday brunch after practice (“training”)
 - First Thursday of the month burgers
 - Third Tuesday of the month tacos
- **Team festivities beyond those above...**
 - 12 Days of Christmas (1200, 1100, ... 100) (location TBD) [Sun, Dec 21]
 - Boxing Day ocean swim at some beach somewhere to the west of town [Fri, Dec 26]
 - 100 x 100m (or 87.5, 75, ... something for everyone, don't worry if you can't do 100s) on 100 seconds [Sat, Dec 27]

[Top](#)



Swanning Around

Upcoming “Swimming” Events

Let the captains (Bob/Jackie) or any coach know if you'd like to hop in one of them and aren't sure how to enter.

Pool Swims

Official swim chances left ([master list](#))...

- Nope, none left this year

Open Water Swims

[Open water calendar...](#)

- Swimming WA OWS Series #3 – Coogee Beach (500m, 1.25-2.5-5km) --- Sat, 29 Nov
- 38th Swim thru Rottnest – Rottnest Island (1600m) --- Sat, 6 Dec
- Fremantle Ports Swim Thru/LiveLighter Novice Swim (1600m solo, 400m novice) --- Sat, 13 Dec
- Swimming WA OWS Series #4 / Swimming WA State Champs – Champion Lakes (1.25-10km) --- Sun, 14 Dec
- TISLSC Tower to Tower Swim Thru – Scarborough to Trigg (1800m) --- Sat, 20 Dec
- Cottesloe Classic Mile – Cottesloe (1600m) --- sat, 3 Jan

[Top](#)

Event Results

All the Swimming WA OWS [event results](#) can be found here. Lots of folks there so see if you can find a name or two, it shouldn't take you long.

[Top](#)



Swanning Around

Workout Hints

[“AN IGNORED SCIENTIFIC COMPONENT OF SPRINT SWIMMING TRAINING”](#)

(or how trying to go fast hurts)

Ever get into a rut? Ever want to let that sprinter inside out to see the light of day? Well you can, you just have to be willing to train at speed. You know, the horrible speed that makes your arms feel like concrete, or jello, or maybe a mysterious combination of the two.

“ ...

It is possible to do more sprint swimming training without the problematic fatigue effects of typical programs. The utilization of "ultra-short repeats" produces all the benefits of desirable sprint training and adds some exciting new advantages. It behooves the coach to work with swimmers to find the interval distances in which repeated performances will be at least equated to desired performances. To be on the safe side, the work period should be in the vicinity of 10 seconds. Thus, distances of less than 20 meters will become important training units for sprinters. For example, a female 100-meter butterfly swimmer who aims at a time of 64.0 seconds must repeat 12.5 meters in 8.0 seconds. A procedure of 4 sets of 40 x 12.5 meters with 8 to 10 seconds rest between each repeat would be quite feasible. Most pool widths would be suitable for this form of training. The implication of this format for training is clear. The more training that can be accomplished at the pace of the desired performance the better will be the final performance.

...”

Aside from the challenge of trying to go very fast for very short distances with a good amount of rest, the article recommended floating as a recovery. The first part is debatable. Surely nobody would argue the fun of the latter...

[Top](#)

Socializing

Lots of stuff noted on the first page.

For those looking to get a little culture in, a few of us have gone to the West Australian Ballet's "[Ballet at the Quarry](#)" the last couple of years and have a good time with it. A little picnic down on the lawn followed



Swanning Around

by watching some graceful people dance away the night under the stars. I'll be going again to it this year and I will arbitrarily select the following date: Wednesday, 25 February at 8pm. If you'd like to join, drop me a line (chris.waldhart@gmail.com) and let me know how many tickets you'd like.

[Top](#)

Sundry



[And other words of wisdom from Bruce...](#)

[Top](#)
