



# Swanning Around

## Table of Contents

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

## Club News

We have almost made it. The sun is coming out a little earlier, hanging around a little longer and occasionally even reminding us that Perth summer is right around the corner! Good to see more swimmers showing up than in the dead of winter but we can still do better. :P Anyway, keep improving the attendance – I know we have more people on our roster than are showing up so let's see how many we can squeeze in a lane!!!

### **Swimming in the Old Country(-ies)**

Handful of us went to do some swimming in Switzerland/France in August. Aside from basking in glorious summer, the swims went well. Kudos to Georgina and Andy for managing to finish 26km Lake Zurich swim without needing to tag someone else in. Congrats to Jackie, Katy, Maëlle, Jon, Shaun and Chris for finishing it as well with tagging in. A smaller crew headed over to Annecy the next weekend to swim "just" 5km. Lovely swims if you get a chance to do them in the future – be sure to ask folks at practice, I'm sure someone is always willing to join in.



### **Pool Swim Meets**

2016 All Club Challenge at HBF Stadium --- Sat + Sunday, 15-16 October 2016. Races are 50, 100, and 200 of each stroke and 200 individual medley WITH 4x50m relays too. This is a big swim meet for everyone to show up and enjoy yourself. Talk to the coaches/captains if you want to join the festivities for this.



# Swanning Around

[Top](#)

---

## Upcoming “Swimming” Events

Upcoming pool event calendar can be found at the following [link](#). Grab any of our coaches if you'd like to enter. Remember (a) relays are fun, (b) short events are fun, (c) you might not even need to warm up if you follow Fiona's lead (tsk, tsk, by the way!).

### **Open Water State Champs --- Saturday, 10 December**

Show up and help us defend our 2016 title in... 2016??? 500, 1.25, 2.5 and 5km races. Anyway, should be fun. More details to come on this...

### **FIRST EVER Perth City 100x “100s” on a 100 --- Tuesday, 27 December**

This is a big one. I think it's the first time we've run an event for MSWA. It's a pretty low-key effort but let's have a good showing at it. You don't have to do 100x100s on 100secs, there will be lanes for other distances as well (think last year there was 100, 87.5 and 75???).

## Official PC gear...

Loads of good team gear to be had:

T-Shirts – round neck and polo – \$30 see Emily

Hoodies – let us know if you would like one --- extras available

Silicon Swim Caps – \$10 see Jon

Suits

Women’s Bathers (see Emily)

new One Piece \$55

Old one piece and two piece make us an offer

Men’s Bathers (see Jon) – \$35

[Top](#)

---



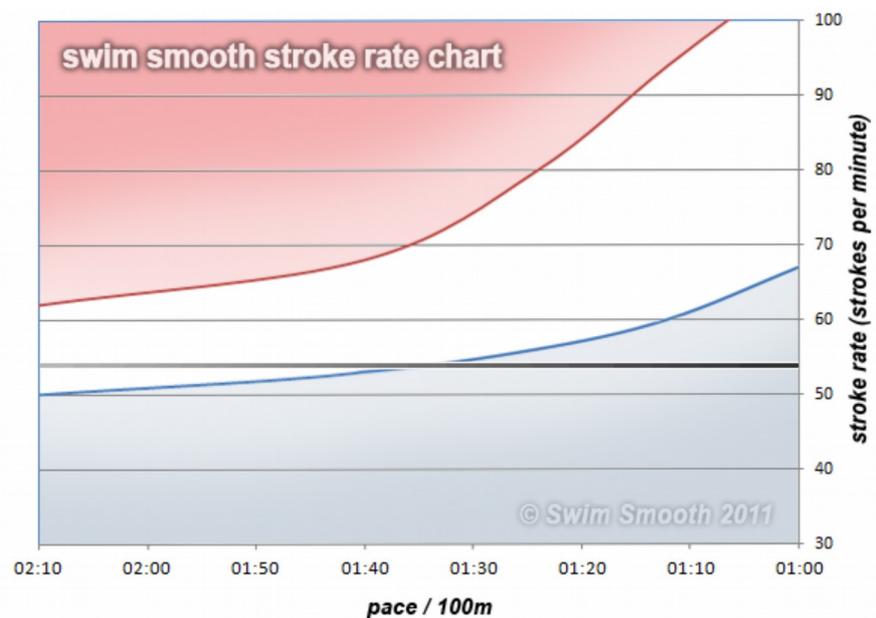
# Swanning Around

## Workout Hints

This month/quarter will be... Counting and Telling Time. I'm sure y'all can do both of these already so now to just put it together with your swimming!

I'll scribble down two very personal quantities for you: stroke length and stroke rate. Stroke length is how far you go with each arm (no telling time here). Stroke rate is how many times you swing your arms around in a set time (no worry about how far here). Together these two form a pretty good measure of how fast you're going, how hard it is for you and whether you need to tweak it some to swim a little quicker or easier.

I still like the chart by [Swim Smooth](#) for giving you a sense of whether you need to slow down or speed up your stroke rate for the pace you swim at. It's not perfect but it gives you a simple idea of where you sit. I put this in an earlier newsletter but think it is still valid today.



If you are in this region you have a high stroke rate. Work on increasing your stroke length to get quicker. You may need to reduce your stroke rate to help you do this.



This is the sweet spot. If you are in this region, work on increasing both stroke length and stroke rate to get quicker.



If you are in this region you have a low stroke rate. To get quicker, work on increasing your stroke rate.



# Swanning Around

Need a little more science to convince you? Folks at Swim Smooth have another little [discussion on stroke rate/efficiency](#). I think it was pretty good read but you have to take it with a grain of salt. What they did is take 10 college swimmers (kids that have already “mastered” swimming) and made them swim in a flume at set speed and play with their stroke rate. For them, reducing the stroke rate (in this case requiring stroke to be longer due to the fixed flume velocity) made them work harder. Conversely increasing the stroke rate for a constant velocity didn't really take any more effort for them (minimal difference between +10% and +20% stroke rates). Key take away from this... these high-end swimmers tend to naturally select the slowest stroke rate that lets them hit a given speed.

And one more for [consideration](#). It's a triathlete article but it's about right. The neatest part of the article was how to address descending sets. Next time you are asked to descend #1 to #3, count your strokes on #1 and then add 2 strokes per length for #2 and 2 more strokes for #3. No more effort, just turn it over a little quicker. Did you time change/get faster? How much more effort were you putting in?

Your values/trends may be different from those presented but you want to do the same thinking as you swim along --- count your stroke, look at the clock... what is the right stroke length and stroke rate for you? And just as importantly, do you understand how changes to one affects the other and ultimately how fast you are going?

## Running Archive (so I don't repeat myself too often : ) ):

2014

Jan	Flip turns	Jul	Straight arm recovery + kicking
Feb	Finding right turnover	Aug	More flip turns
Mar	Backstroke basics	Sept	Sculling basics + vertical kick
Apr	Pool starts	Oct	What to do when you get tired
May/ Jun	Masters swimming tips	Nov/ Dec	Sprinting (short bursts, really fast)

2015

Jan	Breaststroke / Reading the Clock	Sept	Butterfly stuff
Feb	Vertical kicking	Dec	None... ran with Feb 2014 link

2016

Apr	Breaststroke tips	Sept	More on stroke length & rate
July	Floating 101		

[Top](#)



# Swanning Around

---

## **Socializing**

Yes, we are social animals. Check out the facebook page if you are one of the masses that have access to it. This should keep you relatively current with the goings on. Definitely join us for Saturday breakfast after practice (even if you don't rock up to swim, you're more than welcome to join us for the most important meal of the day).

[Top](#)

---

## **Sundry**

*Absolutely nothing right now so... [puppies streaming!!!](#)*

[Top](#)

---