

The Wet Gazette

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Serving Masters Swimmers in Virginia and West Virginia

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Getting to Know Dane Schwartz

Dane is the new LMSC Fitness Chair. We asked him some questions to get to know him better . . .

1. When did you join USMS? Where and how often do you swim?

I've been swimming with USMS for about five years. I typically swim three to four days a week.

2. What is your background as a swimmer and athlete?

I grew up doing a number of different activities - soccer, basketball, martial arts, hiking/camping, and of course swimming. I swam competitively through grade school and high school, but then took time off in college. After college, my wife and I started running and did about seven half marathons and a bunch of 10Ks and 5Ks. Leading up to my last half marathon, I got a stress fracture in my foot, which ended up leading me back to the pool. Post-rehab, I joined the NOVA masters Team and have loved (almost) every minute of it. Today I swim and cross train on "off days" with weight training, HIIT workouts, etc., about six days a week. I have aspirations to get into triathlons and also expand my experience with open water swimming.

3. What motivates you to swim?

Part of the motivation to swim is, of course, the fitness aspect, but I'm also motivated simply by the love of being in the water. Just being in the water is such an amazing experience and I look forward to each practice (most of

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LMSC Strava Club

by George Sushkoff

The Virginia LMSC now has a STRAVA club: <https://www.strava.com/clubs/vaswim>

What is a Strava club? What is Strava? Why so many questions? For those of you who are unfamiliar with Strava, it is a device-neutral internet service that lets you track and share your activities. If you have a Garmin, Apple Watch, Polar, etc. you can connect that account to Strava and see all the activities on a web site and in an app. There is a paid subscription, but I use the free version. It does enough for me. You can follow people on Strava and let people follow you. If you prefer, you can keep your account private. There are also segments. It could be a stretch of road in a neighborhood, or the distance between two docks on a river. Strava will show you your fastest times for the segment along with how you measure up against other users. Some companies sponsor challenges. You can sign up to complete a certain distance over a particular period of time. Completing a challenge earns you a trophy (similar to a digital badge) and usually some sort of discount on an item made by the sponsor, or entry into a drawing. You can even become a "local legend" depending on how often you complete a segment.

I like Strava because I can see what other people are up to, and they can see my activities. For example, people in my running group will ask me about a recent swim.

"How far was that?"

"How often do you swim open water?"

I can also see when one of my water polo teammates does a long bike ride. You can give and receive kudos for activities – if you need that sort of validation in your life.

As a Strava member, you can create and join clubs. I created one for our LMSC. You can find a link at the beginning of this article or on the Social Media page of the website - <http://www.vaswim.org/social-media>. Join our club. All the cool kids are doing it. In a club, you can see members, posts, activities, and even a leaderboard. USMS has a club. However, they only have 45 members. I think we can do better than that! Join today, and see where you are on the leaderboard. You can create your Strava account here <https://www.strava.com>. Once you have created your account, connect it to the app you use for your activities (Garmin Connect, etc.). Activities will automatically synch with Strava. Then, be sure to join our club. Look me up on Strava, and follow me. Hope to see you there!

Current and Upcoming Events

9th Annual 400 Kick for Time

Any combination of strokes as long as you are holding a kickboard.
25-yd pool
December 1-31, 2020

Virtual David Gregg Meet

Details to come
February 2021

General Information

LMSC for Virginia Website: www.vaswim.org

USMS Website: www.usms.org

Nearby LMSCs

North Carolina: www.ncmasters.org
Maryland: www.teamunify.com
Potomac Valley: www.PVMasters.org

Nearby Zones

Colonies Zone: www.ColoniesZone.org
Dixie Zone: www.DixieZone.org

Online Meet Registrations:
www.clubassistant.com

LMSC Officers

Chair: Caycee Buscaglia
Vice-Chair: Kevin Gardner
Secretary: Alice Phillips
Treasurer: Becca Latimer
Membership Coordinator: Jeff Bush
Coaches: Rich Williams
Fitness: Dane Schwartz
Long Distance: Dave Holland
Newsletter: Heather and Chris Stevenson
Officials: Charlie Cockrell
Records & Top Ten: Chris Stevenson
Review: Heather Stevenson
Safety: Jim Miller
Sanctions: Kyle Ahlgren
Webmaster/Social Media: George Sushkoff

Lactate Tolerance Training: Not for the Faint of Heart

by Rich Williams

Finding the pool time and the motivation to train in a year defined by our struggle against a global pandemic has been difficult to say the least. Still, many of us have found our way to the water and started the rebuilding process. This article is written specifically for those who are ready to take their training intensity to the next level. Lactate tolerance training is an advanced technique designed to improve one's ability to arrive at a sprint pace quickly, and to maintain that sprint effort for as long as possible. It should not be used by beginners or if you are not already in good shape, as the high intensity efforts could lead to injury in the untrained swimmer.

The energy stored in the chemical bonds of a molecule called ATP (adenosine triphosphate) provide the power for almost all muscular activity. The length and intensity of an exercise bout determine how quickly our body gets its ATP. Lactate tolerance sets train our short-term energy systems to provide ATP faster, allowing us to maintain sprint efforts for longer durations. These sets are organized as a series of maximal efforts on a long rest interval. As you move through a lactate tolerance set, you will feel an accumulation of metabolic acid that presents itself as an extraordinarily uncomfortable burn in all your major muscle groups. That burn is indication that you are performing the set correctly. Repeated bouts of this type of training will improve your body's ability to process lactate and will also reduce the lactate accumulation at any given workload.

Here are a few examples of lactate tolerance sets...

To train for 100-yard events:

Option 1- 9x50 of your best stroke. Start with a 1:1 rest to work ratio. If the second 50 of your 100 is a :35, use that as your approximate goal time, and set the interval at 1:10. After 3 repeats, take an extra :30 rest, and change the interval to 1:20 for #s 4-6. After #6, take another :30 rest, and change the interval to 1:30 for #s 7-9. This one will hurt!

Option 2- 6x75 free on an interval that allows for at least 3:00 rest. Swim each repeat as fast as you are able and take an easy 25 after each race to help with lactate clearance. This set, too, will hurt.

It is very important to record your times on lactate tolerance sets, and to revisit them periodically. If you are consistent with your efforts, you will notice improvement each time you do these sets. The metabolic changes that this training induces will lead to improved meet performance. Psych yourself up and give it a try!

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Dane (cont'd from page 1)

the time). I'm also motivated by my family and friends, and I want to be a good role model for physical health. And lastly, I'd say it's the camaraderie of swimming. It takes a special type of person to willingly get up before the sun rises, go dive into an ice cold pool, and ensure an hour or more of struggle. We sure are a fun and weird bunch. :)

4. What kind of volunteer work do you do for the LMSC?

I currently serve as the Fitness Chair and look forward to possibly expanding to other roles on the Board in the future.

5. Outside of the pool, what occupies your time?

I'm a husband to an amazingly smart and talented woman, and a dad to two awesome girls, ages 8 and 11. Spending time with them occupies a lot of my time, and I wouldn't have it any other way. In addition to spending time with my family, I have my own Product Marketing consulting business, my wife and I coach both of our girl's soccer teams, and I am a Swim Instructor.

6. Some people might be surprised to know that . . .

I am a black belt in Taekwondo and competed in two Junior Olympics . . . and that I can breakdance. Yes, seriously.

7. What's the funniest thing that has happened to you (or that you have seen) at a Master's event?

I wouldn't say this is funny, but more just awesome. At my very first Masters meet, I was really nervous because I hadn't competed in a meet in nearly 20 years. About half way through my 200 free, I remember seeing our coach, Mark Kutz, walking up and down the deck cheering me on and encouraging me to go faster! Not only had I not competed in nearly 20 years, I also hadn't had a coach cheer me on like that in 20 years. I was a surreal thing to realize that you miss something you never knew your'd miss. I was amazing to once again experience that!

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ACAC Masters Update: 1500 USMS Fall Fitness Challenge

Congratulations to the ACAC Masters Fall Fitness Challenge athletes who swam a timed 1500 free on Tuesday 11/17. They are: Kim Buehler, Lynn McDaniel, Terry Miffleton, Brian Bortell, Paul Edleman, Matt Meyer, Roberto Permeggiani, Chris Ratchford, and Kevin Richardson.

As if that is not enough, Lynn and Terry also swam practice Wednesday morning!

Congratulations to these athletes and thanks for the help of the five counters who were an amazing help.

Note that there will be no ACAC Masters practices on December 24, 25 or 31.

Enjoy your Holiday Season and Stay Safe following CDC and local guidelines!

See you on deck!
Jim