



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...IT'S VMST"

Published by the Virginia Masters Swim Team

December 15, 1995/Volume XIII/Number 8

Notes from the President

by Beth Waters

The holidays are almost here. It's unbelievable! How will we ever get everything done for the holidays, exercise, and still maintain sanity? Actually, I don't know how to do it all. Personally, swimming is my only saving grace to decrease stress and maintain sanity. During this holiday season, I hope you can figure out the family gatherings, holiday activities, and exercise and have a happy holiday season. *

Highlights

- ☑ Make sure to check out the Entry Form for the **VMST Winter Invitational**, which takes place in Richmond. The entry deadline is February 2. Don't forget to renew your USMS registration for next year!
- ☑ The **February Fitness Challenge '96** is an event that is suitable for swimmers of all abilities. Since 1993, the Fitness Challenge has attracted an average of 700 participants per year, from nearly every LMSC and from several countries. Everyone has the opportunity to set and achieve their own personal goals. Go for it!
- ☑ Alice Phillips has another excellent article: **The Saga of Complete Bran Flakes** on page 3. Interested? Read on...
- ☑ Are you baffled by terms like "broken swims" or "pyramid sets?" Then read **Using the Pace Clock** on page 4 by Scott Rabalais, the 1995 USMS Coach of the Year.

1996 Short Course Nationals:

Cupertino, CA

by Nancy Miller

I have reserved a block of 20 rooms for VMST at the Westin Hotel in Santa Clara, California, for May 7-13, 1996. This is the host hotel for the meet. I did call two non-participating "suite" hotels to try to negotiate a good price for a block of rooms, but even their corporate rates could not compete. I have booked 10 rooms (9 remain) with a king-sized bed (\$85 per night for one or two people plus 10% tax) and 10 rooms with two double beds (\$95 per night for three people and \$105 per night for four people plus tax). James Wolfle has reserved one of the latter rooms and is anxious for roommates. The hotel is approximately 7 miles from the competition pool and is 10 minutes from San Jose Airport (shuttle service between the hotel and the airport is available). Amenities include lighted tennis courts, access to the golf course, three heated pools, spa, a 3.5 star restaurant, etc., and it is supposedly across the street from the Paramount Theme Park. They have promised to send additional information. Please contact me if you are interested in a room or space in a room:

work: (804) 285-2758, ext 142

home: (904) 272-2513

I will need to turn in a final room list with names, dates, and credit cards by March 1, 1996. *



Season's Greetings



Upcoming Events for Virginia Swimmers

Mark Your Calendars...

- ◆ February 10-11, 1996
VMST WINTER INVITATIONAL
Richmond, VA
Nancy Miller (804) 285-2758, ext 42
- ◆ April 13-27, 1996
INTERNATIONAL SENIOR GAMES
Bermuda
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ June 22, 1996
CRAWFISH MASTERS 10K
Baron Rouge, LA.
Scott Rabalais (504) 766-5937
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

- ◆ **BILLABONG AQUATICS, INC.**
1995-1996 CAMPS IN CORAL SPRINGS
December 27-30, 1995 and February 1-4, 1996
Judy Bonning (305) 345-5370
- ◆ **BILLABONG AQUATICS, INC.**
TROPICAL VACATION STROKE CLINIC
February 22-25, 1996 Cozumel; March 7-10, 1996
Grand Cayman. Judy Bonning (305) 755-9858
- ◆ **TOTAL IMMERSION ADULT SWIM CAMPS**
Weekend Mini-Camps:
March 11-12, 1996: Washington, D.C.
March 18-19, 1996: Atlanta, GA
Swimming Vacations:
January 7-14, 1996: San Jose, Costa Rica
February 4-11, 1996: Winter Park/Granby, CO
Contact Terry Laughlin (914) 294-3510

Richmond Reading Group



Are you tired of talking about how bad the chlorine is, or about how much yardage you do (or don't do!) in practice? Are there a few good books that you can't seem to make yourself read? A group of VMST swimmers in Richmond manages to get together every month or so without mentioning things aquatic. It's been great fun, and food is always involved. For more information, call Alice Phillips at 560-2969.



VMST Officers

President: Beth Waters, 10604 Pursuit Court, Chesterfield, VA 23832 (804) 744-8225
Vice President: Nancy Miller, 3741 Reed's Landing Circle, Midlothian, VA 23113 (804) 272-2513
Treasurer/Membership: Mike Duignan, 3313 Glen Eden Quay, Virginia Beach, VA 23451 (804) 486-3383
Secretary: Sharon Popson, 1328 Goose Landing, Virginia Beach, VA 23451 (804) 425-6056.

Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

The Saga of Complete Bran Flakes

by Alice Phillips

Maybe you've seen this commercial. Two New York City cops are sitting in a typical diner, looking like they've been on the beat for a few years. A gum-snapping waitress with an attitude steps up and they both say in a thick Brooklyn accent, "Hey Fran, how's it going today?"

The first cop orders his usual – coffee and a "jelly filled". The other lug looks up and says, "Complete Bran Flakes." She gives him a look that only she can. The second cop says to the first, "What? Like I can't make a change...did I look like this when I joined the force? all day long I eat junk, then I go home and sit all night...I gotta do something." Then blah, blah, blah about bran flakes and in the last scene the first cop says, "Hey Fran, can I make a switch here?"

Long about hangover time on January 1st, 75% of Americans will make a resolution for 1996. This year it's going to be different—less debt, less weight, more exercise, more fiber perhaps. By Valentine's Day, about a third will still be hanging in there, and by St. Paddy's Day, we're talking single digits. In with the green beer, out with the bran flakes. It takes most folks three years of the same resolution before it sticks. It takes the average smoker seven attempts to permanently stop. In other words, "Just Do It" just doesn't cut it.

Fancy athletic gear aside, most people fail at their resolutions because they are really not ready for action yet, at least not according to Drs. Prochaska, Norcross, and DiClemente in Changing for Good. The authors studied 30,000 self-changers, that is folks who successfully implemented a plan of action without assistance from a health professional or "program," and found that people go through six identifiable stages before those bran flakes become a permanent part of a high fiber routine.

In the beginning, there is **precontemplation**, a time during which you may know that fiber prevents colo-rectal cancer but frankly you really don't care. This stage can of course last a lifetime. But at some point (often seen the morning of the first day that mortality stares back at you in the mirror), you become a **contemplator**, someone who is evaluating the whole fiber issue but has mixed feelings—maybe you'll change in the next six months.

Preparation is the third period, about where the cop is. This is a time when you take some small

steps toward the goal and solidify your commitment. Ideally in the next month or so you become a true **action-taker**, investing lots of time and energy in the new behavior. If all goes relatively well for about six months, the authors would call you a **main-tainer**, a phase of relative success with the behavior but continued susceptibility to relapse. Finally, if you are fiber-filled for about five years (interestingly the same standard used for cancer remission), your commitment to bran is so great that you are now a **terminator** (and Arnold is very proud of you).

So, when and if you make a resolution for 1996, consider the following suggestions:

- Guilt is not enough – it is the stuff of precontemplators and contemplators. You have to want a change for some personal, pleasurable, present-focused motivations. "Gosh, more fiber will give me a predictable bowel cycle every day...that will be so great!"
- Rate your readiness for change. On a scale from 1 to 10, how willing are you to experience the discomfort that comes from challenging your habit? There's no getting around it, breaking old habits or starting new ones – either way it's at least disconcerting for a while. If you're not a 7 or higher on the scale, stick with coffee and jelly-filled for now.
- Write down all the pros and cons for the change you want to make. If the pro list is not at least twice as long as the con, you are much less likely to succeed. Even if you score high on the readiness scale, you may want to cut back the goal to something more reasonable than 25 grams of fiber a day (the average American intake is 12).
- Determine a way to monitor the change and a way to signify your achievement of it. "I'm going to consume 12 boxes of bran cereal in the next three months and when I do, I'm going to take myself on a trip to Hershey Park."
- Recognize that the hardest time to maintain a change is when you are hungry (for real food), angry (about time wasted on the toilet), lonely (for companionship because your spouse won't let you in the bed anymore), or tired (of chewing on cardboard). What will you do during those times to sustain your progress?

continued as Bran Flakes on page 9

Using the Pace Clock

by Scott Rabalais

The pace clock is a valuable training tool, allowing swimmers and coaches the opportunity to create an infinite variety of workouts and sets, each with a specific purpose. It also serves as a measuring device or mirror for training purposes.

Here are some of the more popular ways of using the pace clock. Keep in mind that the distances and intervals in the examples provided may not be suitable for everyone. Adjust as necessary.

Straight Sets

Example: 10 × 50 yards on 1:00

Explanation

10 – number of repetitions

50 – distance of each repetition

1:00 – interval for each repetition (swim + rest)

The most basic type of interval training is the straight set. During a straight set, the distance per repetition and the interval per repetition remain constant.

In this example, the swimmer completes a 50 yard swim 10 times, leaving on an interval of 1:00. This means that if a 50 yard swim is completed in 45 seconds, a 15 second rest period will follow.

In pace clock lingo, each 50 yard swim will begin “on the top” in this set. This slogan is derived from the second hand pointing upwards to the “60” (or “0”) on the clock.

Fixed Set Sets

Example: 4 × 200 yards with 0:40 rest

In a fixed rest set, the amount of rest following each repetition will be the same, regardless of swimming speed. In the above example, the swimmer completes four repetitions of 200 yards, resting 40 seconds after each. This interval structure may be less demanding, as it avoids the “deadline” of a straight set rest interval.

Descending Intervals

Example: 6 × 100 on a descending interval of :05, starting at 2:00.

In this example, the first 100 is swum on a 2:00 interval, the second is on 1:55, the third on 1:50, and so on. Swimming at an even pace through the set will result in decreasing rest by 5 seconds per 100. Here is the breakdown of send-off times:

Rep #	Send-off	SHP	Interval
1	0:00	0	2:00
2	2:00	0	1:55
3	3:55	55	1:50
4	5:45	45	1:45
5	7:30	30	1:40
6	9:10	10	1:35

where

Rep # = repetition number,

Send-off = repetition starting time, the cumulative time of the set,

SHP = second-hand position, and

Interval = swim + rest duration of the repetition.

Ascending Intervals

Example: 8 × 25 on a :05 ascending interval, starting at :30

An ascending interval set is the opposite of a descending interval set. The first 25 is on 0:30, the second on 0:35, then 0:40, etc.

Pyramid Intervals

Example: 7 × 125 on ascending/descending intervals, varying :10 per repetition, starting at 2:00 and peaking at 2:30.

The interval times resemble a pyramid, that is, rising to the highest interval at the mid-point of the set.

In this example, the interval times for the seven repetitions are 2:00, 2:10, 2:20, 2:30, 2:20, 2:10, and 2:00.

Similarly, the set may be devised with rest periods rather than intervals. Instead, the set may offer rest breaks of :10, :20, :30, :40, :30, :20, and :10.

Ladders

Example (descending ladder):

200 on 4:00

150 on 3:00

100 on 2:00

50 on 1:00

25 on :30

Note that each distance is matched with an interval based on :30 per 25 yards. Doubling the distance to 50 yards results in doubling the interval to 1:00. The swimmer will have more rest on the longer swims, assuming an even pace is maintained throughout the set.

continued as Intervals on page 9



Dear Unattached Swimmer,

Enclosed is a complementary copy of the Virginia Masters monthly newsletter. Currently you receive 4 LMSC for Virginia newsletters a year because of your registration with United States Masters Swimming. Would you like to join Virginia Masters Swim Team? The benefits of joining include receiving the newsletter monthly as well as being able to participate in Virginia Masters team relays at meets. (Virginia Masters pays for team relays at meets.)

If you are interested in becoming a VMST member and have already registered for 1996, please complete the attached registration form and indicate that you are changing from "unattached" to "VMST" and send the form and a check (made payable to VMST) for \$15.00 to Mike Duignan. If you haven't registered for 1996, please consider registering as a VMST member!

Beth Waters
President, Virginia Masters Swim Team

Virginia Masters Winter Invitational - Entry Form and Release

The following release must be dated, signed, and in the possession of the Meet Director before the swimmer may compete.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date: _____ Signature: _____

Name: _____ Sex: _____ USMS Reg. No.: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Age (as of 2/11/96): _____ Birthdate (Mo/Day/Yr): _____

LMSC: _____ Club: _____ Phone (day): _____ (night): _____

Women's Event #	Time	Event	Men's Event #	Time
1		1000 Y Free	2	
3		1650 Y Free	4	
5		400 Y IM	6	
7		200 Y IM	8	
9		200 Y Fly	10	
11		200 Y Breast	12	
13		200 Y Back	14	
15		100 Y Free	16	
17		Novice 50 Y Fly	18	
19		50 Y Fly	20	
21		100 Y Breast	22	
23		Novice 50 Y Free	24	
25		50 Y Free	26	
27		100 Y IM	28	
29		200 Y Free	30	
31		100 Y Back	32	
33		Novice 50 Y Breast	34	
35		50 Y Breast	36	
37		100 Y Fly	38	
39		Novice 50 Y Back	40	
41		50 Y Back	42	
RELAYS				
51		500 Y Free	52	

Deadline: Feb 2, 1996

Date of meet: Feb 10-11, 1996

Place: Richmond, VA

Number Attending Social: _____

Social (\$5.00 Per Person): _____

Total Events _____ x \$2.00: _____

Surcharge: \$5.00

Total Amount Enclosed: _____

Make checks payable to:
Virginia Masters Swim Team

Mail to: Nancy Miller
3741 Reed's Landing Circle
Midlothian, VA 23113
(804) 285-2758 ext. 42

A COPY OF YOUR USMS REGISTRATION CARD MUST BE ENCLOSED FOR YOUR ENTRY TO BE ACCEPTED

VMST Fall Meet - Men

November 4, 1995, Short Course Yards

[illegible]

February Fitness Challenge '96



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team, Baton Rouge, La.

Sponsors: Speedo Authentic Fitness

Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1996, record on form below the number of YARDS completed each day.
PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five year increments)

Age: Determined by your age on February 29, 1996

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Crawfish Masters Swim Team

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Fitness Frog: Leap Year Laps!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

3537 Christina Ave.

Baton Rouge, LA 70820 USA

Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '96

(please print)

NAME: _____ AGE (as of 2/29/96): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

THU FEB 1 _____ yds	THU FEB 8 _____	THU FEB 15 _____	THU FEB 22 _____
FRI FEB 2 _____	FRI FEB 9 _____	FRI FEB 16 _____	FRI FEB 23 _____
SAT FEB 3 _____	SAT FEB 10 _____	SAT FEB 17 _____	SAT FEB 24 _____
SUN FEB 4 _____	SUN FEB 11 _____	SUN FEB 18 _____	SUN FEB 25 _____
MON FEB 5 _____	MON FEB 12 _____	MON FEB 19 _____	MON FEB 26 _____
TUE FEB 6 _____	TUE FEB 13 _____	TUE FEB 20 _____	TUE FEB 27 _____
WED FEB 7 _____	WED FEB 14 _____	WED FEB 21 _____	WED FEB 28 _____

LEAP YEAR BONUS: THU FEB 29 _____

TOTAL MONTHLY YARDAGE = _____ YARDS

TOTAL MONTHLY MILEAGE = _____ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES

Entry Fee	\$ 6.00	(required)
T-Shirt	x 12.00	(optional)
Circle T-shirt size(s): S M L XL XXL		
Swim Cap	x 3.00	(optional)
Int'l Fee	3.00	(outside U.S.)
TOTAL		(U.S. funds only)
(fee payable to Crawfish Masters Swim Team)		

VMST Fall Meet - Women
November 4, 1995, Short Course Yards

Women		Freestyle				Backstroke			Breaststroke			Butterfly			Individual Medley	
		50	100	200	500	50	100	200	50	100	200	50	100	200	100	200
19-24	Vaid, Nina									1:18.51 (1)		32.59 (2)			1:11.62 (2)	
25-29	Baillitt, J.				8:15.55 (1)					1:49.36 (3)		47.06 (3)				
	Hoskins, G.					39.02 (1)			34.24 (1)	1:14.78 (1)		31.04 (1)			1:10.04 (1)	
	Moncure, Ashby	35.00 (2)	1:20.13 (2)			45.94 (2)	1:38.32 (1)					38.71 (2)				
	Mullen, Julie	30.19 (1)	1:08.42 (1)													
30-34	Kaufmann, Karen	32.84 (1)	1:14.05 (1)	2:37.01 (3)	7:08.49 (3)											
	Parker, Kelly			2:03.40 (1)	5:30.69 (1)	32.04 (1)	1:08.20 (1)	2:31.52 (1)								
	Partsch, Monica			2:36.65 (2)	6:59.39 (2)		1:26.60 (2)									
35-39	Bailey, Sheryl	44.09 (2)	1:43.13 (3)													
	Crouse, Jeanne		1:08.86 (1)		6:48.82 (4)							1:15.69 (1)				
	Hunyady, Nancy			2:30.70 (3)	6:46.60 (3)										1:24.00 (3)	
	Lee, Mary			2:28.48 (2)	6:33.28 (2)							34.71 (1)			1:20.82 (2)	
	Peterson, M.			2:24.55 (1)	6:26.73 (1)										1:16.09 (1)	2:46.39 (1)
	Waters, Beth									1:38.37 (1)					1:29.58 (4)	
	Web, Karen	37.66 (1)				43.94 (1)	1:38.71 (1)									
40-44	Braaten, Kitten		1:07.66 (1)	2:25.17 (1)								33.27 (1)	1:15.15 (1)		1:21.86 (3)	
	Broderson, Molly	30.37 (1)	1:12.67 (2)													3:16.24 (2)
	Hedgecoth, Paige	34.21 (5)				43.96 (4)						40.07 (3)			1:31.02 (6)	
	Mickunas, Karen									1:28.01 (1)	3:08.33 (1)				1:18.96 (2)	2:54.47 (1)
	Neymark, Karen					43.03 (3)	1:33.86 (2)		47.21 (4)						1:33.49 (7)	
45-49	Gault, Terry Sue	29.22 (1)	1:03.59 (1)		6:06.40 (1)							31.70 (1)	1:10.57 (1)			
50-54	Durrant, Betsy				6:58.71 (1)										1:21.61 (1)	
	Martin, Judy					37.89 (1)	1:22.03 (1)	2:58.91 (1)	41.52 (1)							
55-59	Averette, Joan	40.19 (1)	1:31.66 (1)	3:22.80 (1)		53.16 (1)										
60-64	Pharis, Jane	47.40 (1)				57.01 (1)	1:59.65 (1)									
65-69	Meredith, Jeanne	42.61 (1)	1:38.87 (1)	3:33.23 (1)	9:31.85 (1)	57.79 (1)										
80-84	Kelleher, Marie	51.55 (1)			11:36.56 (1)							1:14.49 (1)			2:24.74 (1)	5:20.94 (1)



December Birthdays



Gary Boyd	Roanoke	12/16/44	51	Marie Kelleher	Richmond	12/21/12	83
David Cummings	Salem	12/11/57	38	William Martin	Richmond	12/27/59	36
Dee DeLong	Manassas	12/2/49	46	Mike McBeth	Williamsburg	12/6/60	35
Tina Flood	Virginia Beach	12/9/64	31	James Pickelman	Midlothian	12/4/38	57
Carter Grant	Midlothian	12/8/59	36	Jason Quattropani	Richmond	12/3/71	24
Betty Hanifer	Richmond	12/3/35	60	David Russell	Virginia Beach	12/19/56	39
Victoria Harris	Lynchburg	12/31/19	76	Roy Sammarco	Dumfries	12/4/48	47
Mike Hechtkopf	Virginia Beach	12/10/46	49	John Shrum	Charlottesville	12/18/48	47
Christine Hillman	Roanoke	12/19/69	26	Karla Steinkamp	Virginia Beach	12/11/66	29
Mary Hunter	Richmond	12/11/65	30	Roger Wayte	Richmond	12/23/41	54

Bran Flakes, continued from page 3

- Tell someone, preferably a kind, non-judgemental soul (so Howard Stern is out), about the goal you want to achieve. Making your commitment more public adds a little pressure, but can also add a lot of support. Maybe your buddy will eat brown rice and broccoli with you.
- Accept the fact that some slip-ups, even when you are a well-prepared, committed action taker, are still likely. After all, Babe Ruth had twice as many strikeouts as home runs. Recycling (not the curbside kind but a return to previous stages) is very common, in fact 95% of self-changers experience it. Take note of what might have caused the slip-up and get back on that fiber bandwagon.
- Lastly, take a little time before the morning of January 1, 1996 to make your plans for a resolution because, according to Oscar Wilde, "Only dull people are brilliant as breakfast." *



Intervals, continued from page 4

There are several variations of ladders. An ascending ladder begins with the shortest distance and smallest interval, and increases to the longest distance and interval. The first half of a descending ladder would begin with longer distances and move to shorter ones, and the second half would progress from shorter to longer distances.

Broken Swims

Example: broken 200 as 50-25-50-25-50, resting :15 per break.

Broken swims are often race distances divided into smaller increments with rest periods after each segment. In the above example, a 200 is divided into a series of 50s and 25s. With four rest breaks at :15 apiece, the total rest within the swim is 1:00. To obtain actual 200 time, subtract 1:00 from the total swim + rest time.

Timed Swims

Example: T-20

While most swimmers chart progress through a workout by measuring distance, an alternative way is to measure with time. Choose a specific time period and swim continuously for that duration. A "T-20" would be swimming continuously for 20:00.

Another example is 4 x 5:00 swims with 1:00 rest. In other words, swim for 5 minutes four times, resting 1:00 after each swim. A coach or a visible pace clock can assist in determining when the 5:00 period has ended. *

If Undeliverable Return to:

**Stevenson
15 Bostwick Lane
Richmond, VA 23226**

**Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA**

|||||
**HEATHER N STEVENSON
15 BOSTWICK LN
RICHMOND VA 23226-3106**

PLACES TO SWIM ACROSS VIRGINIA

BLACKSBURG: Contact Lucille Griffin (703) 552-5943

CHARLOTTESVILLE: Smith Pool - M-Th: 7:30-9PM.
Contact Craig C. Clift (804) 293-6657

CHESAPEAKE: YMCA (804) 547-9622

CHESTER: Chester Family YMCA - 3011 W. Hundred
Road. Contact Jay Crawford (804) 748-9622

HARRISONBURG: Contact Susan Lees Arnold
(703) 434-6224

LYNCHBURG: Lynchburg YMCA - Contact Jim McFar-
land (804) 847-6290 (work)

NEWPORT NEWS: Riverside Health and Fitness Center -
(804) 877-8223; Sentara Hampton Fitness Center
(804) 827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swim-
ming; YMCA - Some coached workouts. Call for times.
(804) 622-9622

NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th:
8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry De-
Long (703) 368-0309

PORTSMOUTH: YMCA (804) 399-5511

RICHMOND: Riverside Wellness & Fitness
Center/Briarwood - Robious Rd., Midlothian M-F:
6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM.
Contact Jim Miller (804) 320-3999; Tuckahoe Branch
YMCA - Patterson Avenue. Contact Mark Woodard
(804) 740-9622

ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd.,
Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard
Butts (703) 992-1736 (home) (703) 981-0205 (work); Ga-
tor Aquatic Center - 1130 Overland Rd., Roanoke M &
W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun:
6-8PM. Contact Kathy Shober (703) 982-7665

STAFFORD: Fitness University - Aquia Towne Center,
Route 1 MWTh: 8:30-9:30PM. Contact Lou-Ann Had-
lock (703) 659-6737

STAUNTON: Staunton Racquet Club - MWF:
5:30-6:30PM. Contact Diane Kent (703) 885-6069

VIRGINIA BEACH: Virginia Beach YMCA - MWF:
6:30-7:30PM, Sat: 8-9AM. Lap swims at various times.
(804) 499-2311; Dam Neck Navy Base - Lap swims
11AM-1:30PM and 4-6PM. (804) 433-7183; Virginia
Beach Recreation Centers - Lap lanes available. Great
Neck (804) 496-6766; Kempsville (804) 474-8492; Bay-
side (804) 460-7540; Bow Creek (804) 431-3765; Princess
Anne (804) 426-0022

WILLIAMSBURG: James City Co. Rec. Center - Longhill
Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM
(no coach). (804) 229-5676

*Please let the editors know if your pool is not listed in
this column.*