

# The Wet Gazette



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## USRPT for Mid-Distance Swimmers

by Rich Williams  
(LMSC Coaches Chair)

A few months ago in this publication I outlined a training concept that is gaining in popularity called Ultra-Short Race Pace Training (When Failure is a Good Thing, December 2017). Simply put, USRPT emphasizes multiple repeats of race-pace training on a fixed rest interval. It emphasizes intensity over volume, and race mechanics over drills.

As this training method has gained in popularity over the last few years, several myths have emerged regarding its perceived limitations. The most frequent myth that I have heard is that this training method is for sprinters, and that it does not provide benefit for mid-distance/distance athletes. The pioneer of this training method, Dr. Brent Rushall, has shown through data and through multiple publications that this idea is simply not true.

If implemented correctly, USRPT is an extremely efficient way for distance swimmers to see improvements throughout their career. Masters world record holder Glenn Gruber [recently detailed his experience](#) with USRPT, improving from a 4:57.02 in the 400 Free at the age of 62 to a SCM world record of 4:54.45 at the age of 65. Glenn, a very accomplished and experienced swimmer, got faster while his competitors receded because he had the courage to abandon training philosophies of the past and try something new. He used the following method to structure his training for all of his events:

- Pick the event you would like to train (in this case, the 400 Free)
- Determine a reasonable goal (for Glenn, 4:55.56)

- Choose your USRPT set (for the 400, you can use 40x25, 30x50, or 24x75)
- Calculate your target repeat time (For the 400, his original goal was :37 for a set of 50s)
- Choose an interval that will give you approximately 20 seconds rest after each repeat (either :55 or 1:00)
- With each repeat, send-off and finish in the exact same manner so that you get consistent data.
- Complete as many repeats as possible holding your goal pace. The objective is to delay your first “miss” for as long as possible. After your first miss, take extra rest that is equivalent to your interval (either :55 or 1:00 in this case).
- Resume the set and complete as many repeats as possible. The set is over after two more misses. Do not take any extra rest after the second miss. If you are doing this set correctly, the second and third misses usually occur back-to-back.
- The prescribed number of repeats listed above are the upper caps to the set. Most of the time, you will not reach that number. If you do reach that number on a given day, you need to use a faster goal time in the following practice.
- Your primary objective is to improve on your previous performance. You are striving for a new personal best with every workout!
- For the 400, Glenn would do this set twice in one workout, and then be finished for the day. He would typically get 18-26 total repeats on the first set, and 6-12 on the second.

This training method is very challenging. Your overall volume will decrease, but your race-pace training volume (the only volume that matters) will increase dramatically.

If you like what you read, commit to something new and try it today!

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## Upcoming Swim Meets, Events and Clinics

### General Information

LMSC for Virginia Website:

[www.vaswim.org](http://www.vaswim.org)

USMS Website: [www.usms.org](http://www.usms.org)

Nearby LMSCs

North Carolina: [www.ncmasters.org](http://www.ncmasters.org)

Maryland:

[www.teamunify.com](http://www.teamunify.com)

Potomac Valley: [www.PVMasters.org](http://www.PVMasters.org)

Nearby Zones

Colonies Zone: [www.ColoniesZone.org](http://www.ColoniesZone.org)

Dixie Zone:

[www.DixieZone.org](http://www.DixieZone.org)

Online Meet Registrations:

[www.clubassistant.com](http://www.clubassistant.com)

### LMSC Officers

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*Officials:* Charlie Cockrell

*Records & Top Ten:* Chris Stevenson

*Review:* Heather Stevenson

*Safety:* Jim Miller

*Sanctions:* Steve Hennessy

*Webmaster:* Chris Stevenson

Date	Meet	Location	Registration Deadline
Aug. 4, 2018	Lake Moomaw Open Water Swim (OW)	Hot Springs, VA	Aug. 2, 2018 (online), July 27, 2018 (paper)
Aug. 5, 2018	UANA Pan Am Masters Championship (OW)	Orlando, FL	June 30, 2018 (online)
Aug. 25-30, 2018	USMS High Performance Camp	Greensboro, NC	May 18, 2018 (paper)
Sept. 15 - Nov. 15, 2018	USMS 3000/6000 ePostal Nationals (25 yd and 25 m pools only)	Your choice of pool	Sept. 15, 2018 (online)
Sept. 29, 2018	R-MC Pickin' Up Steam Meet (SCY) [Sanction Pending]	Ashland, VA	Sept. 24, 2018 (paper); Sept. 25, 2018 (online)
Oct. 19-21, 2018	National Coaches Clinic	Greensboro, NC	May 18, 2018 (paper)
Oct. 28, 2018	GMUP Sprint Classic (SCY)	Fairfax, VA	Oct. 22, 2018 (online)
Nov. 11, 2018	Maryland Swim Series Meet #2 (SCY)	Chestertown, MD	tbd
Dec. 1, 2018	Maryland Swim Series Meet #3 (SCY)	Easton, MD	tbd
Dec. 1, 2018	GERM Solstice SCM Meet [Sanction Pending]	Boyds, MD	tbd
Jan. 20, 2019	Maryland Swim Series Meet #4 (SCY)	Annapolis, MD	tbd

# Lake Moomaw 1-Mile Swim

(Meet Information)

Alleghany County, Virginia

**Saturday, August 4, 2018**

**Sponsored by:** The Virginia Masters Swim Team, The Alleghany Highlands YMCA, The Alleghany Highlands Chamber of Commerce and The Alleghany Foundation.

**Sanctioned by:** LMSC of Virginia for USMS Inc. Sanction # 128-W002

## **SAVE PAPER, SAVE TIME, AND AVOID ERRORS: PLEASE REGISTER ONLINE !!!**

[Your credit card will be charged to “ClubAssistant.com Event Billing”]

**Event:** There will be a one-mile race at 9:00am. The start and finish is on the beach at Cole’s Point, clearly visible to the spectators and race personnel. The course runs along the shore to the south, approximately 50 yards out and continues east and north around buoys that will be clearly visible. The swimmers will reach the turn-around point inside the “no wake zone” in the inlet and turn counter- clockwise around a buoy and swim back to the beach via the same route. Buoys will remain to the swimmer’s left. A 2’x3’ foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted at 8am. Swimmers will depart from the beach in waves of 10 people or fewer, 1 minute apart.

**Warm-up Begins At:** 7:45am    **Check-in Closes At:** 8:45am    **Race Begins At:** 9:00am

**Eligibility:** Open to all swimmers 18 years & older. Paper entries must include a copy of your 2018 USMS card. Online entries will be verified automatically. “One Event” is available through online registration for an additional fee of \$31.50. To renew or join USMS online, visit [www.usms.org/reg](http://www.usms.org/reg).

**Rules:** Current 2018 USMS rules will govern the race.

**Entries:** All snail mail entries must be postmarked by July 27, 2018. Online entries will close at 5:00pm Eastern Time on August 2, 2018. Late or race day entries will NOT be accepted. Online entry is strongly encouraged. Entry fee is \$45.00. To be guaranteed a free t-shirt, enter online by 5pm on July 15, 2018.

**Safety:** For safety reasons, swimmers who cannot complete 1 mile in one hour should NOT enter. Swimmers still on the course after the time limit will be stopped and listed DNF in the results. In the event of inclement weather, the race director may close the course and thereby prevent swimmers from completing the race. The WestRock water rescue team will be on site with boats, rescue boards, and rescue squad.

**Seeding:** Swimmers will be seeded fastest to slowest according to 1650 seed time and will be started in waves of 10 swimmers, staggered at 1-minute intervals. “No Time” entries will be seeded in the final wave. Seeding changes and additions will not be allowed on race day.

**Age Groups:** 18-24, 25-29, 30-34, etc. in five year increments, for both men/women.

**Awards/Social:** Awards will be given to the top 3 men & women finishers in each age group. The awards ceremony will take place on the beach following the race.

**Accommodations:** Please call Josh Taylor at the Alleghany-Highlands Chamber of Commerce at 540-962-2178 for information.

**Directions:** Google Map “Coles Point Drive, Hot Springs, VA 24445”

**Race Directors Contact:** Dave Holland 804-467-2425 (VMST);  
Josh Taylor 540-962-2178 (Chamber)

**To register, go to:**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2402&smid=10376](https://www.clubassistant.com/club/meet_information.cfm?c=2402&smid=10376)




# PICKIN' UP STEAM MEET

SATURDAY, SEPTEMBER 29, 2018

[CLUBASSISTANT REGISTRATION LINK](#)      [MEET INFORMATION PAGE LINK](#)

**Location:** Randolph-Macon College, Brock Center, 103 E. Patrick St., Ashland, Va. 23005. The pool is a 5-minute walk from the Amtrak train station and historic Ashland.

**Facility:** Six-lane, 25-yard pool, non-turbulent lane markers. Five lanes will be used for competition; one lane will be available for continuous warm-up and cool down. **Pool has been measured and certified for USMS records and Top Ten.**

**Eligibility:** The standard Masters age groups will be used (18-24, 25-29, 30-34, 35-39, etc). **Entries:** \$6.00 per event for online entries, \$10.00 surcharge to help defray the costs of data entry, automatic timing and printing. Online meet registration is paid by credit card to "ClubAssistant.com Events". Paper entry forms are available at USMS Calendar of Events or from David Harmon at [davidcharmon77@gmail.com](mailto:davidcharmon77@gmail.com)..

**Relays:** Relays will be deck entered and payable on meet day (\$8 per relay). The deadline for the 400 Free and 200 Medley relays will be at **the start of event 4** and the deadline for the 400 Medley and 200 Free relays will be at **the start of event 11**.

**Entry Deadline:** **Online entries are strongly encouraged.** To be seeded, paper-entries must be received by **Monday, September 24, 2018**. Online entries close on **Tuesday, September 25, 2018, at 11:59 PM EDT**. No refunds and/or swimmer substitutions will be allowed.

**Awards:** Ribbons will be given for first, second and third place in each individual event. No ribbon for relays.

**Order of Events** – There will be two 20 minute breaks before each set of relays (events 7-12 and events 18-23). Warm-ups start at 1:00 PM and the meet starts at 2:00 PM.

#	Event	Seed Time	#	Event	Seed Time
1	Mixed 200 Yard Butterfly		15	Mixed 50 Yard Butterfly	
2	Mixed 50 Yard Breaststroke		16	Mixed 200 Yard Freestyle	
3	Mixed 200 Yard Backstroke		17	Mixed 100 Yard Backstroke	
4	Mixed 50 Yard Freestyle		18-20	W/M/Mixed 400 Yd Free Relay	Deck Entered
5	Mixed 100 Yard Butterfly		21-23	W/M/Mixed 200 Yd Medley Relay	Deck Entered
6	Mixed 500 Yard Freestyle		24	Mixed 400 Yard IM	
7-9	W/M/Mixed 200 Yd Free Relay	Deck Entered	25	Mixed 50 Yard Backstroke	
10-12	W/M/Mixed 400 Yd Medley Relay	Deck Entered	26	Mixed 200 Yard Breaststroke	
13	Mixed 200 Yard IM		27	Mixed 100 Yard IM	
14	Mixed 100 Yard Breaststroke		28	Mixed 100 Yard Freestyle	

## Fit to Swim: Super Food and Hydration

By Coach Aubree Gustafson  
(Oregon Masters)

*[Reprinted with permission from the Oregon Masters Swimming, Inc., Aqua Masters Newsletter]*

Summer BBQs, camping trips, vacations and all of the delicious food that comes with it that sometimes isn't so great for you. Hamburgers and hotdogs, chips, ice cream and beer. None of these things in moderation will break your diet. However, next time you're ready to sit down to another meal from the grill, consider adding one or more of these super foods to your plate. According to WebMD, the multi-tasking delectable below should be a part of every healthy diet.

**Low fat or fat-free yogurt** is high in calcium and many other essential nutrients including potassium and protein. It is low in calories and fat and easier for lactose sensitive individuals to tolerate than other milk products. Yogurt can be purchased with probiotics to help balance the bacterial flora in your gut and can be found fortified with substances like vitamin D. Yogurt can also be used as a substitute in recipes in place of mayonnaise or sour cream. Try your favorite veggie dip made with yogurt at your next BBQ.

**Eggs** are nutritious and high in protein. They contain 12 vitamins and minerals including choline; important for brain development and memory. Good scrambled for breakfast or hard-boiled for a go anywhere snack option.

**Nuts** are high in protein, heart-healthy fats, fiber and antioxidants. Due to their high fat content, portion control is key to getting the most out of nuts without over indulging; an ounce of nuts a day is enough. They add texture

to plain dishes and desserts and taste great all on their own.

**Kiwis** are nutritionally dense and full of antioxidants. A good source of vitamins A, C and E as well as fiber and potassium and can be added to salads and even ice cream.

**Quinoa** is high in fiber and a natural source of iron. It also has vitamin E and selenium which can help control weight and lower your risk of heart disease and diabetes. While quinoa is one of the best grains to eat, you can also try barley, oats, buckwheat, whole wheat, wild rice and millet.

**“Beans, beans the magical fruit...”** Okay you know the rest, but beans really are good for you! Especially for your heart. Beans have a large amount of insoluble fiber, which helps lower cholesterol, and soluble fiber, which fills you up and helps rid the body of waste products. Beans can be substituted for the main dish of a meal or go along swimmingly with your backyard burger.

**Salmon** is high in omega-3 fatty acids which have been shown to contribute to heart health. The American Heart Association recommends eating fatty fish like salmon twice a week. Salmon is low in calories, high in protein, a good source of iron, and low in saturated fat. If you aren't a fan, try tuna instead.

**Broccoli** is good steamed, roasted, grilled, raw - you really can't go wrong. Available year-round and as tasty in the summer as it is in the winter months, broccoli is rich in vitamins A and C, vitamin K for bone health and fiber to fill you up and help control weight.

**Sweet potatoes** are high in vitamins C and A as well as potassium and calcium and are better for you than that loaded baked potato. If they aren't for you, try pumpkin, carrots, butternut squash or orange bell peppers (a personal favorite) instead.

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Local Masters Swim Committee Newsletter  
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*Food: cont'd from page 5*

**Berries**, last but far from least, are full of antioxidants, phytonutrients (natural chemicals), low in calories and high in water and fiber to help control blood sugar and keep you full longer. They can be added to just about any dish and are great alone. Blueberries, for instance are incredibly high in antioxidants, and great in everything from pancakes to pies. A perfect pick for your next summer adventure.

While you are enjoying all of those great foods, don't forget to stay **hydrated**. Water will always be the best choice since it is non-caloric, plumps the skin and hydrates your muscles. Next would be the coffees, teas and sodas but these also act as diuretics, pulling water from the body, and can be full of other ingredients like sugars and caffeine. Many fruits are a good

source of water and meats as well; some meat contains up to 60% water. So, if you are looking for an alternative water source, here is a list of potential options: hamburger, chicken breast, soups, stews and broth, Jell-O, grapefruit, grapes, watermelon, fruit juice, sports drinks or flavored waters and smoothies.

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Enjoy your healthy eating this summer!