

# West Suburban Multi-Sport Club

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### **Message From the President**

WSM this month means What Should Matter. Everyone has their own opinion about what should matter whether it's being on the podium, top 10 finisher or just finishing a race. However, since none of us are professionals making a living at multisport the most important things that matter should be that we have fun and stay healthy. I'm all about the fun and always try to enjoy my workouts whether they are hard, long, or in rotten weather. I choose to train and one of the reasons is that I enjoy training and staying in shape. As for staying healthy, that's a little harder to do sometimes. We think if I go a little harder or a little longer that we'll get more fit. You start dreaming of setting new PRs and start pushing the envelope which can lead to injury or illness. There's a fine line there and while I'll push myself, I also am a bit conservative because it matters more to me to be able to workout than be the best I can possibly be. Please take a moment to think about What Should Matter to you.

Also, our roster has been published. Check out who else is in the club on the web site [Files](#) page.

### **Club Discounts**

Being part of a USAT club entitles members a number of discounts which can be found at [USAT Club discount](#). In addition to these discounts, members can also get a discount on [XTERRA](#) wetsuits using the discount code CO-DAVE.

Bike need a tune-up??? If you're looking to have your bike tuned up, I recommend contacting Mike Choate at [choatefactor@sbcglobal.net](mailto:choatefactor@sbcglobal.net). Mike does an amazing job at a very reasonable price and will pick up and deliver your bike so all you have to do is arrange a time. His passion, experience and attention to detail are far beyond what you'll find in area bike shops.

### **T-Shirts**

We hope to have some t-shirt samples at the next meeting. If all goes as planned, we will be taking pre-orders. Shirts will be around \$30.00ea. and we hope that everyone buys at least 1. Then we need to wear them at races...lets represent!

### **Workout of the Month**

Many of us will start racing soon and here's a swim workout that can help simulate the body's response to the swim start. It can't replace the chaos that sometimes accompanies a wave start of 25-150 people going into the water at once, but it does a close job at learning to calm down.

Warm up 5 minutes, do 4 x 25 sprinting 1/2 a length then easy 1/2 a length. Main set has 2 options depending on the race distance you're training for. Option 1 is 2 or 3 by 500 with 1 minute rest. The first 200 is swum very hard then settle down into a comfortable pace. Option 2 is for longer course athletes and it's 2-3 x 1,000 with 1 minute rest with the first 200 very hard then settle into a moderate effort. Both these will increase your heart rate and breathing which happens at the start.

### **Open Water Swims**

Does swimming in open water make you nervous? Scared? Wetsuit make you freak out? Is that the only thing keeping you from doing a triathlon? If you answered YES to any of those questions, you are not alone. Anyone who has never swam (swum?) open water has those same fears. The only way to get over it is to get in the water in your wetsuit and practice. It takes getting used to.

Now is the time to start thinking about open water and how to conquer that challenge. There are a few local options that will help you achieve your goal of being more comfortable swimming in a lake.

- **Lake Andrea**-Lake Andrea is in Pleasant Prairie, WI and is where the Pleasant Prairie and Iron Girl Triathlons are held. Starting in early June, there are hosted open water swims that are tentatively scheduled for Thursdays, 6-7pm and Saturdays, 7-8am. These swim usually cost \$10-15 and are one of the best ways to start your open water swimming journey. The lake is relatively small and calm. It usually warms up quickly in the spring. The sessions are led by a USAT Triathlon coach and are supported with lifeguards in kayaks.
- **Lake Michigan**-Starting very soon, Dan P. & Lou V. will be swimming at Ohio St. Beach on either Saturday or Sunday mornings. Ohio Street Beach is very popular with triathletes as it is protected and is marked with ¼ and ½ mile distance buoys. Generally pretty calm but can get challenging if the wind is out of the NE. This is a beautiful swim with the Chicago skyline in view. With the lakefront path right there, a run or bike ride following the swim is an attractive option. Unless you're one of the people in the group listed next, you will need a wet suit. Check out the Club Discounts section above for a great deal on Xterra products.
- Open Water Chicago-check these crazies out. Swim all year in the big pond! Start planning for next year's winter swims! <http://openwaterchicago.com/>

### **Group Workouts**

Please check the calendar <http://www.wsmultisport.org/Calendar.html> to see who is doing what workouts. The calendar has had many updates this month. Please check it out. If you have a workout you'd like to invite others to join you in, please let us know and we can get it listed.

- Masters Swim Program at East End Pool. Coach Dave will be leading a Masters Swim program again this summer. The program starts on June 8 and they meet daily at 6am. Check out [www.epd.org](http://www.epd.org) for more information.

### **Race Calendar Update**

The race calendar has been updated again. Check it out at <http://www.wsmultisport.org/Races.html>. As you sign up for races, please let a board member know and we will add you to the roll call.

### **Next Meeting**

Tuesday, May 19 2015. 7pm at Elmhurst Public Library, 125 South Prospect Avenue, Elmhurst, IL 60126. Our guest speaker for the meeting will be Jason Holly who will talk about bike fit.

### **Featured Guest Article-The Swimming Skill Ladder**

*This hierarchy will determine where you should focus your time in the pool.*

There are only two or three technique/form things you can really think about at one time in the water. What should you fix about your stroke first before you move on to the next area of focus? This skill ladder will help determine where you should start and what you should ultimately work up to.

Developing a technically correct freestyle stroke is easiest if you start at the bottom rung and work your way up the ladder only when you have truly mastered the lower steps. This ladder is a simple example of skills and technique from basic to advanced. **Start at the bottom of the ladder and check the steps as you answer “yes.”**

Review the steps where you answered “no.” Are you trying to improve a high-level skill before you’ve mastered one or two of the lower steps? Working on the simplest aspects of technique can often have a huge impact on your overall performance. For example, mastering the ability to float and relax in the water can have a positive impact on stroke rate and distance per stroke. Even elite triathletes and Olympic swimmers devote time in practice on drills to keep their technique sharp and identify any imbalances or weaknesses. Spend time strengthening the base of your ladder to see an overall improvement in speed and power.

**Pull:** Do fingertips point down and elbow stays high?

**Catch:** Does the wrist stay unbent?

**Reach:** Do hands extend forward and slightly down?

**Entry:** Does the arm drop into the water without pause?

**Recovery:** Is your arm relaxed with a high elbow?

**Finish:** Does your hand exit the water past your hip?

**Center line:** Do you avoid crossing the center line with your hands?

**Rotation:** Does your torso rotate with your stroke?

**Bilateral breathing:** Can you breathe to both sides?

**Head position:** Is your head in a neutral position?

**Balance:** Are your hips near the surface when you swim?

**Kicking:** Are you using your kick to get across the pool?

**Breathing:** Are you exhaling under the water?

**Floating & relaxing:** Can you float on your stomach?

*\*Start at the bottom and work your way up.\**

Credit: Triathlete Magazine. Written by Sara McLarty