

THE

# WET SET

NOVEMBER, 1978

Pacific Northwest Association  
of Masters Swimmers

15734 - 14th Ave. S.W., Seattle, WA 98166

### BOARD OF DIRECTORS

President - Tom Foley, 937-5585  
Vice-Pres.- Judy Harrison, 822-3988  
Secretary - Carolyn Behse, 747-3889  
Treasurer - Paul Murphy, 938-3735  
Representatives-at-Large:  
Fred Wiggin, 542-4857  
Russell Hall, 631-6685

Area representatives listed on Page \_\_\_\_.

### COMMITTEES

Awards - Neville Johnson, 824-2953  
Meets - Fred Wiggin, 542-4857  
Membership - Karen Kohler, 746-0284  
Newsletter - Shirley Lehman, 246-1372  
Publicity - Judy Harrison, 822-3988  
Records/Results - Juanita Correa, 747-1734  
Sunshine - Maxine Carlson, 246-2446

## C O M I N G E V E N T S

December 9, 1978 (Sat.,) PNA MEET at Hazen High School, Renton at Noon  
Entry form enclosed.  
December 12, 1978 (Tues.) PNA BOARD MEETING at Sue Dearborn's, 3401 E. Mercer Seattle at 7:30PM. All members welcome  
January 20-21, 1979 (Sat & Sun) PNA Meet at Shoreline Pool with 1650 on Sat. PM  
February, 1979 - PNA STROKE CLINIC is in planning stage - details later.  
March 3-4, 1979 - PNA MEET Ft. Steilacoom  
April 20-22, 1979 - PNA CHAMPIONSHIPS  
April 27-29, 1979 - Short Course Regionals at Wenatchee

### OREGON & INLAND EMPIRE MEETS

November 19, 1978 - Pullman Invitational Washington State University Entry Info. on Page 2.  
November 19, 1978 - Oregon Meet at Willamalane Pool, Springfield, Ore. Entry Info. on Page 2.  
Jan. 7, 1979 - OREGON MEET  
Jan. 14, 1979 - IEA Meet at Spokane  
Feb. 4, 1979 - OREGON MEET  
Mar. 4, 1979 - OREGON MEET, Tulatin  
Mar. 18, 1979 - IEA Meet at Spokane  
\* \* \* \* \*

Info. on Oregon Meets - write or call: Earl Walter, 3904 S. W. 57th Ave., Portland, OR 97221 (503) 292-1611

Info. on Inland Empire Meets - write or call: Gene Sayre, W. 2321 Dalton, Spokane, WA 99205 (509) 327-2220

### AREA REPRESENTATIVES

YOU are the functioning nucleus of PNA - YOUR support is vital to a continuing successful PNA Swim Program.

TRY to attend (or send representation) PNA board meetings and express the wants and motivations of your group. Help to make decisions affecting the future growth of Masters Swimming in this area.

ENCOURAGE social get-to-gethers and report back to your swim mates, the NEWS from board meetings.

### Things to Think On

- 1- Attending Regionals & Nationals  
Not too early to start training & making plans.
- 2- Bringing a friend (maybe more) to workouts
- 3- Membership renewal coming up at the end of the year

\* OREGON S/C MEET at Willamalane Pool, 1276 "G" St., Springfield Oregon on Nov. 19th; W/U @ 9AM - Meet @ 10AM. Entry deadline is 11/14/78. Entry Fee - \$2.50 and \$1.25 per event for Awards or 50¢ per event for no awards. Checks should be made payable to Jessica Weaver and mailed to her at 2145 - 16th Way, Eugene OR 97402 along with Name, Sex, Birthdate, Age, Address, Tel. AAU# and a designation of the events you wish to enter.

Event Schedule:

- 1-2 100 yd. I.H.      3-4 50 yd. Breast
- 5-6 100 yd. Fly      7-8 200 yd. Back
- 9-10 500 yd. Free 11-12 50 yd. Back
- 13-14 50 yd. Free (Novice)
- 15-16 200 yd. Medley Relay
- 17-18 100 yd. Breast 19-20 200 yd. I.H.
- 21-22 50 yd. Free    23-24 100 yd. Back
- 25-26 200 yd. Fly    27-28 100 yd. Free
- 29-30 50 yd. Back (Novice)
- 31-32 200 yd. mix. free relay
- 33-34 400 yd. I.H.    35-36 50 yd. Fly
- 37-38 200 yd. Breast
- 39-40 200 yd. Free 41-42 200 Free Relay

Maximum of 5 individual events + relays..

\*\*\*\*\* Directions from Portland - Take McKenzie River/Springfield Exit off of I-5. Follow I-105 East to Mohawk exit. Take right off of exit to Mohawk Blvd. Proceed thru 3 or 4 stop lights. Turn right on "G" St. (stoplight) and pool will be on your right, just after the park. Current AAU Masters Rules will govern. Medals for 1st, 2nd & 3rd for individuals and relays.

\* THE PULLMAN "INVITATIONAL on Sunday, November 19 - W/U @ 8AM, Meet @ 9AM - New Gym Pool, Washington State University Pullman, Washington. Open to all AAU registered Masters swimmers 20 years or older. Current AAU Masters rules will govern with limit of (5) individual events. Ribbons awarded for 1st - 6th; relays are non-award events. Entry fee \$3.00 (senior citizens free) to cover the costs of pool & awards. ALL ENTRY FEES WILL BE PAID AT POOLSIDE THE MORNING OF THE MEET. UPON PAYMENT OF THE \$3.00 FEE, SWIMMERS WILL BE ISSUED INDIVIDUAL EVENT CARDS TO BE FILLED OUT FOR SEEDING, ETC.

Schedule:

- 1- 200 Free relay      2- 50 Breast
- 3- 100 Free            4- 200 Back
- 5- 50 Fly              6- 100 Breast
- 7- 200 Free            8- 200 I. M.
- 9- 200 Mixed Relay    10- 200 Fly
- 11- 100 Back           12- 50 Free
- 13- 200 Breast        14- 100 Fly
- 15- 50 Back            16- 100 I. M.
- 17- 200 Medley Relay 18- 500 Free

(predicted time\*)

Predicted time: placing in the 500 yd. free will be based upon the contestant's predicted time. Swimmers closest to his or her predicted time written on the entry card wins. Everyone has a chance to win an over-all first in the 500.

Informal after dinner get-together at the Sheldon household (S.E. 905 Spring St. Pullman - tel 564-5541 on the evening of Sat. the 18th.

Season Off to a Great Start We had a great start! to the new swim season with 120 swimmers entering our meet held at the Northshore Pool in Bothell on Oct. 22. A sincere thank you to Sue Downey, the meet director (Mr. Downey too) and all the people from the Northshore Swim Club who helped officiate the well-run meet. There were many good times achieved and several very exciting close finishes. Congratulations to Juanita Correa on the new national records she set in the freestyle events. A special welcome to all the new swimmers who attended and I hope you continue to swim with us to realize lifelong fitness benefits and have an enjoyable time in the process. It was particularly pleasing to see the newer groups participation and the enthusiasm they and their coaches showed. These included Ft. Steilacoom (Kathy Crandell), Tacoma Y (Jim Sherrod) and Bangor (Mark Mahoney).

Our next meet is set for December 9 at the Hazen High School Pool in Renton so keep up your swimming to be ready. Also bring along a new swimmer too if at all possible. On behalf of all our swimmers, I'd like to wish each of you a

"HAPPY THANKSGIVING"

and enjoy the feast. I'm sure you'll swim it off later.

Swimminly', President P.N.A. Masters Swimmers  
Tom Foley

PUT HEART INTO YOUR SWIMMING  
by Fred Eckhardt c 1978

(Reprinted from  
AQUA-MASTER  
September, 1978)

Fred is a free-lance writer with a background of sixteen years as a swim coach. He is also a student of adult fitness.

Fitness and fun, that's why we swim. As for myself, I've made a lifetime commitment (I hope) to fitness. Master's swimming, and the competition--well, they're the frosting on my fitness cake, I do it all for my heart.

Dr. Kenneth Cooper, in his books on Aerobics (Aerobics, Aerobics for Women, The New Aerobics, etc.), says (about fitness)

"The key to the whole thing (cardiovascular or heart lungs exercise) is oxygen....

In its simplest terms, any activity requires energy. The body produces energy by burning foodstuffs. The burning agent is oxygen....(which the body cannot store.) It needs to replenish its supply constantly, so we breath in and out every moment of our lives to keep the supply coming in. If the supply were suddenly cut off, the oxygen stored in the body wouldn't last more than a few minutes. The brain, the heart, everything would cease functioning...(the difference between the fit and unfit is) the means for delivering oxygen is weak and limited in its resources, so the ENERGY DEMANDS SURPASS THE BODY'S CAPACITY TO PRODUCE IT....(emphasis mine). As the activities become more vigorous, some of us can't keep up.

This spread, this difference between our minimum requirements and our maximum capacity, is the measure of our fitness...(and in some of us) the minimum and maximum are almost identical....

A body that isn't used deteriorates. The lungs become inefficient, the heart grows weaker, the blood vessels less pliable, the muscles lose tone and the body generally weakens throughout, leaving it vulnerable for a whole catalogue of illnesses and disease. Your whole system for delivering oxygen almost literally shrivels up....

Endurance...is the best kind of insurance...(developed through) the kind of exercises that will demand oxygen and force your body to deliver it. (Exercise of this kind) will produce many wonderful changes in your body that are..known as the "training effect". (Therefore) the training effect is the whole goal of the exercise program."

This training effect increases the efficiency of the heart and lungs (cardio-respiratory efficiency). It also has the result of increasing the number and size of the blood vessels, and the blood volume. The training effect improves muscle tone and strength and sometimes reduces blood pressure. By doing all of those things (and more), the training effect may also help prevent a heart attack. If you do get a heart attack, the above effects, by strengthening your heart and body, may make it possible for you to survive!

The key to all this is oxygen consumption, and since oxygen can not be stored, the amount of oxygen that your body can bring in and deliver to your organs and tissues is the best measure of your fitness.

But of course, you knew all that and I just mention it to refresh your memory so we can tie fitness training to Masters training. We Master swimmers are in this for fun AND fitness, so we must be sure that our training satisfies both objectives: distance for our hearts, speed and power for the competitive meets. We'll look at fitting them together later, first let us see how the fitness aspect is satisfied, since that is our real goal. Distance swim alone may not meet our fitness needs because the nature of the training effect is to require an ever increasing work load. You could end up swimming ten miles a day--to avoid that you must increase the tempo so that you are, in effect, swimming ever faster, but again that will not be possible. What else?

Well, you swim for your heart, so let your heart tell you how to train. For fitness you must do enough exercise to make your heart go at a certain pulse rate for 12-30 minutes, 3-4 times a week (details later). Your heart pulse rate is also

## PUT HEART INTO YOUR SWIMMING by Fred Eckhardt c1978 (cont'd)

a valuable aid to monitor speed and endurance training for masters competition, (more on this aspect later, too).

### THE EXERCISE HEART RATE

I'm sure most of you know how to take your own pulse, so we won't go into that now. (If you don't know how, have a friend show you, or let your doctor clue you in.) First you must determine your resting heart rate. This is best done in the morning after you wake up, and before you get up. When you awaken, relax and remain there for about five minutes then, using as little movement as possible, take your pulse for one entire minute. When I do this my rate is 62, yours will probably be different--no-matter--everyone has his own resting heart rate. Repeat this every morning for a week or two--it should always be nearly the same.

Next we need to know your maximum pulse rate. This too is different for everyone. A word here about your maximum heart rate. It is my feeling that anyone over 35 who competes at all should train aerobically for about a year before competing, and everyone over 40 (even those under 40) should have a medical exam and a stress EKG (on a treadmill or bicycle). If you have trained yourself aerobically for a year or so, then you can ask your doctor to keep you on the treadmill for a maximum effort to enable you and he to get a better picture of your heart's true condition. Until you have done that, assume your maximum heart rate to be a 220 minus your age, and use that figure to find your aerobic exercise rate (below). After a stress EKG, your doctor will tell you your actual rate, and after you have competed for a year or so, you can find your actual maximum heart rate by measuring your pulse at the finish of a good hard masters race at one of our meets.

While exercising for aerobic fitness, your EPR (Exercise Pulse Rate) should be maintained at 70-80% of the difference between your resting pulse and your maximum pulse. (In my case this is 80% of  $185 - 62 = 80\%$  of 133 or 106 plus 62, which is 168.) This means that I should swim hard enough to make my heart beat 155 to 170 times a minute, and for aerobic fitness I should do that 3 to 4 times a week for at least 12 minutes, and probably for 30 minutes once a week, even at the height of the competitive season (this in addition to my speed and endurance workout). During those times of the year that I don't train competitively, (or when I train down), I should do the 30-minute swims four times a week. The better my physical condition the faster I must swim to make my heart work up to 160 or 170. If I've been sick or haven't been training properly for a while, I don't have to go so fast to get the 170 rate. So, that's it, for aerobic fitness - the measure is your heart, not how far or how fast. Aerobic fitness is a lifetime proposition, whereas competitive fitness training will vary, depending on a lot of individual variables, and reflecting the fact that you can't stay in absolute top shape for any length of time without going stale.

### HOW TO MONITOR YOUR HEART DURING EXERCISE

You must take your pulse immediately after exercise to determine your EPR. This requires a finish near a clock where you can read the sweep second hand. The pool where you train probably has a pace clock, which is ideal, or you may use any sweep second hand clock. Immediately on finishing a length, and after swimming at least 200-yards at a good clip, find your pulse (over your heart, or at the temple is easier than the wrist in water). As the sweep second hand passes a five-second mark, start counting: start with zero as the first count--zero, one, two, three, etc., and continue counting for six-seconds. Multiply that figure by ten to find your EPR. The reason we take the pulse for such a short period is that the heart returns to normal, or nearly so, very quickly once you have ceased to exercise. The normal 15-second count multiplied by 4 would not be as accurate. You should also measure your heart rate one-, two-, and five-minutes after exercise. The pulse should return quickly to much lower levels. The time it takes for your heart to reduce its rate after exercise is a very good indication of your physical condition for competitive swimming.

(continued on next page)

PUT HEART INTO YOUR SWIMMING by Fred Eckhardt c1978 (cont'd)

YOUR HEART AS AN INDICATOR OF YOUR WELL-BEING

According to Lorehouse\*, the resting pulse rate is a very good indication of your well-being, and that's a good reason to start the day (in bed) with a check of your resting pulse before you get up. He says men average 72-76, boys 80-84, women 75-80, and girls 82-89, with normal variations from 40-100 in some individuals. When you are in good physical condition your resting pulse rate will be lower than when you are not fit. Endurance fitness seems to have even lower heart rates (distance runners, etc). Your pulse rate in the morning is a good indication of your health and well being. If it is 3-5 beats higher, you may be coming down with something, such as a cold. That's a good sign not to train as hard as you usually do for that day. Another indication of your well-being is the length of time it takes your heart to return to normal or nearly so. Dr. Sheehan, in his book On Running (this is a good book for swimmers--his exercise philosophy is great for all Master's athletes), recommends a heart check before rising, and a weight check, then after your workout, weight yourself again, lie down for 15-minutes (don't sleep), and again check your pulse. The closer these figures are to each other the closer you are to peaking. As he says "the time the pulse rate takes to come back to normal is the most sensitive index of over-or under-training."

The moral of all this is to listen to your heart--it can tell you much about yourself--but more so if you keep records. NEXT--PUT HEART INTO YOUR INTERVAL TRAINING.

\*Lorehouse and Gross Total Fitness in 30-1 in a Week (misleading title, good book).

\* \* \* \* \*

PNA BOARD MEETING HI-LITES (Original Minutes by Carolyn Behse)

Fourteen members attended on Oct. 24. Treasurer, Paul Murphy will prepare a budget statement and fee recommendation for 1979 to present at the next meeting.

Meets - Fred Wiggin will advise each meet director to have a "roving" timer at meets to ensure the third timer for possible national record times. Swimmers should also alert timers if they are attempting or have times approaching records. 118 entries at the Northshore Meet which was well-run. The PNA Board was advised by President Tom to be giving thought to responsibility of hosting the long course regionals next summer. Discussion was held on whether to sponsor a Swim-A-Thon or Stroke & Turn Clinic in 1979. (Input from membership is invited on this subject - to any board or committee member).

Awards - Neville Johnson presented a complete inventory and proposed to re-order the previous style of medal.

New Business - President Tom welcomed Marietta James and Florence Miller to their first board meeting.

- \* PNA policy set not to accept swimmers under 20 years old (includes exhibition) at meets.
- \* Lynnwood name changed to Sno-King Tritons
- \* Membership chairman will provide each meet director with a current list of paid PNA/AAU members.
- \* President Tom stressed the importance of encouraging a strong team rep. responsibility for better communication and to continually recruit new members.
- \* Janet Twilight made a motion to have the Stroke and Turn Judge disqualify those swimmers placing first, second or third for each event. Motion carried.
- \* Next Board meeting will be Tuesday, December 12, at 7:30 p.m. at the home of Sue Dearborn, Seattle.

