



# A.U.S.S.I. Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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MARCH, 1983

\$1.50

*A warm welcome is extended to all Masters Swimmers visiting Australia for the second Pan Pacific International Championships and the Australian Championships.*



*The two venues, Warringah and Chandler, are world class as I'm sure the competition will be.*

*I would like to wish all competitors good luck and good swimming.*

*Peter Jackson*

*President*

*A.U.S.S.I. Masters Swimming in Australia.*

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# A.U.S.S.I. ADULT SWIMMING 1983



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## Carol's Comments

Well, what a busy start to the year. I have been surprised by the volume of work coming in to the office.

The calendar is a busy one for all States with their State titles and the two major meets, the Pan Pacific International in Sydney and the Nationals in Brisbane. All the Queenslanders are eagerly waiting for the Nationals, as always in past years, the host Branch really gets a chance to show its talents.

The National Recorder has been a busy gentleman. The compiling of records is well up to date and the National Top Ten listings will be in print shortly.

Another gentleman hard at work has been your National Secretary compiling A.U.S.S.I.'s annual report. Brian says that A.U.S.S.I.'s development in all Branches has been staggering. Even our little Apple Isle of Tasmania is moving ahead. Trish Beveridge tells me that a team from Tassie is travelling up for the Nationals. That's great news isn't it?

In this issue of A.A.S. I've paid special tribute to our sponsors because, without them, development and progress would have been difficult and slower. Kay Cox has part 1 of "Training: the Why and How" and we've reintroduced Change-room Chatter, slightly different from before, inasmuch that newsy items are requested from



clubs or any member. Do remember 'in' jokes can be very funny at club level but the rest of us just don't get the point.

Assisting me at the office is Maureen Rose. Maureen hasn't come from our swimming ranks. However, she is an excellent typist. In fact, if she swam like she types, we'd have new records for sure. Meet Maureen in Changeroom Chatter.

I would like to join Peter Jackson in welcoming all our International visitors and hope their stay in Australia is a happy one. Good luck to everyone in their State Titles, the Nationals and the Pan Pacific.

*Carol*

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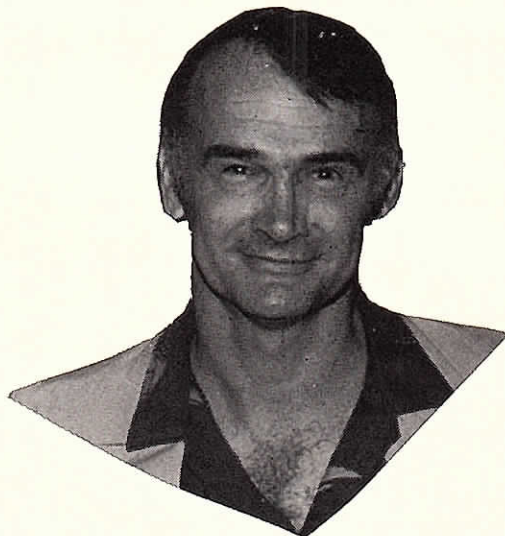
# HEARD FROM HIRD

Time flies when you're having a good time. It only seems like yesterday when Peter Gillett of South Australia nominated me for National Secretary, and here it is Annual National Conference time again next month. Having a good time? Yes, that's right. I wouldn't be doing the job unless I enjoyed doing it. Like all Branch Secretaries and people in honorary positions, we get a lot of self satisfaction from the jobs we have undertaken, even though it takes up a lot of personal time and effort. Speaking of time and effort, I would like to congratulate Peter Gillett and his helpers on the excellent job they have done in compiling the A.U.S.S.I. Masters Swimming National Long and Short Course Records. Every Branch Secretary should have in their possession by now, the completed list which includes time, year recorded, name and club, of every age group, stroke and distance recorded, as well as National Relay Records. I urge all Branch Secretaries to check these times out with their Branch Recorders, and if there are any discrepancies please contact Peter immediately.

Part of my job this term was to take a more professional approach to the running of A.U.S.S.I. and, with the help of the girls in the office, Carol Davis and Evelyn Street, I feel we have achieved this goal. Unfortunately Evelyn had to resign at the end of 1982 because of personal reasons, however, we have managed to gain the services of another competent typist in Maureen.

Keeping in mind the professional approach, the Executive meet once a month and minutes of these meetings are passed on to all Branch Secretaries to keep them informed and up to date with the running of A.U.S.S.I.

While on the subject of meetings, I was in Brisbane early January and attended a Queensland Executive meeting to deal with the National Swim and Club Championships. The meeting was held at President Fred Knudson's unit where I was made very welcome with his seven other compatriots, we discussed many aspects of running the Nationals throughout the night. I left that unit three hours later, confident that the Queenslanders are going to put on a great event.



In closing, what more could I say than "Looking forward to seeing you all at the Nationals."  
Yours in swimming,

*Brian*

---

A.U.S.S.I. extends sincere appreciation to:-

**CITY MUTUAL INSURANCES:**

for their continued support of Masters Swimming in Australia.

**GESTETNER:**

for the supply of the necessary machinery to print up results at major swim meets and the printing of result sheets.

**THE N.S.W. GOVERNMENT DEPARTMENT OF SPORT, LEISURE AND TOURISM:**

for financial support in running the N.S.W. Office and the Minister, the Hon. Mike Cleary, whose personal assistance in attending major functions, is appreciated.

**SPEEDO:**

who have continued to support Swimming at all levels.

**THE N.S.W. GOVERNMENT TOURIST BUREAU:**

for the supply of promotional material for visiting International Swimmers.

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# Swimmers' Viewpoint

Dear Carol,

We were most disappointed to see so few competitors from Sydney entering in our Australia Day Invitation Carnival on Saturday, 29th; Relays and handicaps on Sunday and Australia Day Lake Swim on Monday, 31st January, 1983. In fact we had three entries from Blacktown (one swim), four from Campbelltown, four from Cronulla/Sutherland, three from Ettalong and one from Warringah.

Our weekend of activities had been extremely well publicised (see enclosed brochures) and we had received good sponsorship. City Mutual sponsored our carnival and the National Heart Foundation sponsored the Lake Swim. The A.C.T. Australia Day Council co-ordinated all weekend sporting carnival events and donated Australia Day medallions as prizes for the Relays and lucky draw prizes for the Lake Swim. Publicity was obtained through the Canberra Times (on numerous occasions), the Canberra Chronicle and Canberra Standard, on three radio stations and on Channel 7 television.

With such great publicity, the lack of support by Sydney Clubs was very obvious to all, especially those entrants from Brisbane, Tamworth (eight) and Melbourne. We had 151 entrants in the Lake Swim — over a 100% increase in numbers on last year and hence, a large untapped source of potential A.U.S.S.I. members.

We hope that Sydney Club members will think a little more deeply and decide to try and support as many A.U.S.S.I. events as possible to further the aims of A.U.S.S.I. and make it appear a more viable and vital organisation in the eyes of the general public.

Yours in swimming,

*Judy Ford*  
*Secretary A.U.S.S.I. A.C.T.*

Dear Judy,

I know how disappointing it is not to receive support when a great deal of hard work has gone into organisation. It's just not possible to attend all meets; distance, expense and family commitments have to be considered. However, the A.C.T. has a unique problem insofar that the Branch is a Branch within a Branch (that's confusing). Perhaps some negotiation with the

N.S.W. Branch would help. I see from the information you sent me that plans are already in progress for next year's Carnival. I hope it's the success you want it to be.

*Carol*

Dear Carol,

## PREGNANCY AND SWIMMING

A recent edition of Swim Swim Magazine (Fall 1982) had an article by Susan Schaefer about swimming and pregnancy entitled "Water Born". Susan is collecting data on this subject and after communication she is very keen to obtain data from A.U.S.S.I. members. Any women who have or expect to deliver a baby before the end of October, 1983 and have continued to swim vigorously during their pregnancy and are interested in taking part in this survey, should write to me at the following address:

Mrs Kay Cox,  
C/- Department of Agriculture,  
Kununurra,  
Western Australia. 6743.

Readers,

I sent Kay the article by Susan Schaefer because I thought she would find it interesting as she was then expecting a baby herself. Being Kay, she took up the request from Susan and contacted her. Kay would like to research the subject in Australia, then compile her findings and forward them to the U.S.A. Everyone who has read Kay's articles will know the amount of work and research that goes into them. **Ladies if you can** — please assist with information to Kay. I feel sure her contribution to medical findings will be significant and we should be proud that we, A.U.S.S.I., will be playing a part.

Kay, the National Executive wish you well with your work.

*Carol*

Dear Carol,

I would like to take this opportunity to thank several of my A.U.S.S.I. friends for their concern over me. I have missed a few of the A.U.S.S.I. meets, but that was unfortunate as I was obeying





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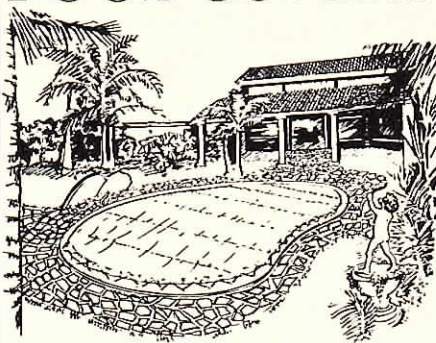
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doctor's orders and should still be doing that till at least February. I had friends from other clubs ask after my health and also a couple of phone calls. It really does make one feel good when someone from another club takes the time to make phone calls. If this is what A.U.S.S.I. is all about I am glad to be part of it. However, I am feeling much better now and from the beginning of the New Year will be back to training again. I am sure I will be seeing you all at the State Carnival, against doctor's orders of course. So, to all

those nice A.U.S.S.I. friends, thank you. I love you all.

Yours in swimming,

*Emily Watson  
Cronulla/Sutherland*

Dear Emily,

I can't condone you disobeying doctor's orders. However, it will be nice to see you back again.

*Carol*

## Branch News

### QUEENSLAND

With the Nationals fast approaching, Queensland A.U.S.S.I.s have received a boost with all Clubs reporting increased membership. It is encouraging to see a lot of the country clubs showing sustained growth — with Rockhampton, Maryborough and Townsville showing the way. A new addition to the registration of Clubs was that of the Cairns Mud Crabs — no doubt they can lay claim to being the most northern club in Australia.

The Brisbane district has seen a complete reorganisation, with the Valley and Everton Park clubs amalgamating into "Brisbane Northside A.U.S.S.I."; and TriSports becoming "Brisbane Southside Masters". With their new venue, the Chandler Aquatic Centre, and the efforts of John Beresford and Ken Boardman & Co., Southside Masters will be a force to be reckoned with at the State and Nationals.

At the last interclub carnival in Maryborough, Gold Coast A.U.S.S.I. just pipped the local team in the points score, thus retaining the perpetual President's Trophy. All swimmers who attended the swim were delighted with the hospitality shown by the local club — there is no doubt that when it comes to hospitality and 'good times', the big city clubs can learn a lot from the smaller country centres — thanks Maryborough. We hope you make it an annual event.

The next 'shindig' prior to the Nationals will be at Dalby, held by the Dalby Adult Swimming Club on 5th March — and indications are that many swimmers from various clubs will be attending. Accommodation is optional — swim-

mers being able to choose from hotels, motels — or communal sleeping in a large marquee in a local caravan park, with the adventurous choosing the latter having been asked to bring their own sleeping gear. Perhaps Leanne Thrupp, Club Secretary, may have to add an additional event to the evening's programme — an Interclub Pillow Fight!

Brisbane Northside have initiated a unique club — the 10,000 metre Club. You guessed it — 200 lengths of the (50m) pool. So far five members have qualified.

Gold Coast's loss — Mackay's gain! Stalwart A.U.S.S.I. Desley Williams has gone to live in Mackay — no doubt we will hear of a Mackay A.U.S.S.I. Club in the near future.

Don't forget the Gold Coast Fun Carnival on 24th April. A great Carnival atmosphere — novelty events. A happy family day for all. Details from Paddy Anstey, 23 Annoula Avenue, Anglers Paradise, 4216. Remember — it's the big three — Pan Pacific, Nations and Gold Coast.

*Paddy Anstey*

### SOUTH AUSTRALIA

Over the last three months South Australia's A.U.S.S.I. members have been busy competing in the long swim series.

The first marathon attempt was on Proclamation Day (S.A.'s Birthday) when the hardy group of swimmers pounded their way through 3,000 metres of surf, adjacent to Glenelg Beach.

John Rice, from Adelaide Masters, lead the field to the finish in 42 minutes and 2 seconds.



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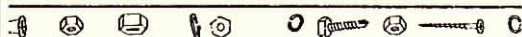
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Trailing behind were Mark Nicholson (Atlantis) and Ted Geary (Adelaide Masters) who swam together for the full length of the course with only 8 seconds separating them at the finish. Nicholson swam 37-37 to Geary's 37-45.

Traditional winners of the 'Fastest time trophies' Sue Needham and Neil Venn (both from Adelaide Masters) carried home these awards once more.

Presentations were made after lunch and refreshments, at the St. Leonard's Inn on the foreshore of the Patawalonga Boat Haven.

Five days later, on January 2, many of the same faces turned up to celebrate Largs Bay's Centenary by completing the 1600m 'between the jetties' from Semaphore to Largs Bay.

The commencement of the race was planned for 2.00 p.m. which was low tide, and left the competitors less than a metre of water to swim in. To compensate for the lack of water, the swimmers were assisted by a strong tail wind, leading to fast times being recorded.

Jane McNamara (TTG), Alice Swanson (Ad. Masters), and Ingo Steppat (CDS) were the first across the finish line, while Sue Needham continued her reign as 'Fastest Woman' and her Adelaide Masters team mate Steve Walker won the 'Man's Award'.

The stage was set for a classical encounter in the 'Fastest Man's Award' at the next event.

It was a fitting clash to be the feature of SA's first independent A.U.S.S.I. swim.

The race was to be 1700m in length in West Lakes. The course was identical to that used the previous year as the 'Swim Through Adelaide' when the race was transferred from the River Torrens, because of doubts over water cleanliness.

Steve Walker and Neil Venn were given the back mark of 14 minutes and swam together along the course, with Walker pulling clear at the finish to win the award by seconds.

Line honours in the prestigious event went to Diane Rogers (Ad. Masters) who completed the course in the smart time of 31 minutes 18 seconds. This time was also the fastest time swum by a woman, but because of policy that a swimmer should only receive one trophy, the fastest woman award remained with Sue Needham.

To complete a hat-trick for Adelaide Masters A.U.S.S.I. stalwarts Vicki Murphy and Dieter Loeliger filled the minor placings, and assisted

Adelaide Masters to the inaugural cup trophy for the 'First Five Swimmers from One Club to cross the finish line'.

The day was rounded-off pleasantly with a social afternoon on the lawns by the finish line.

Disappointment for the hordes who are clamouring to enter the prestigious event of the Swim Around Delphin Island, came in the form of a cancellation because of the presence of jelly-fish in West Lakes. It was considered too risky to conduct the 6,000 metre race. If the weather is warm the lake is a bank-to-bank carpet of jelly, and if cold enough for the jelly to sink the swimmers would have difficulty surviving the distance in the icy water.

Still to look forward to the Henley to Grange 2,000 metre swim, West Lakes 1,500m event, and another A.U.S.S.I.—only swim, at Pt. Elliot. This has been designed as a fun swim with many people camping at the site for the weekend. The course will be rectangular in shape and approximately 1200m in length, finishing at the Pt. Elliot S.L.S.C. for the final wind-up (down).

Following from our involvement in distance events the South Australian contingent attending the National meet should give the rest of the competitors a shake, so . . . BEWARE South Australia is coming!!!

*Jane McNamara  
Publicity Officer*



## **A.C.T.**

A.C.T. A.U.S.S.I. held its Australia Day Invitation Carnival and Lake Swim over the long weekend in January. We appreciated the efforts made by the swimmers from Victoria, Queensland, Tamworth, Ettalong, Campbelltown, Hunter and the six from Sydney Clubs who travelled to Canberra for the weekend.

The Carnival was sponsored by City Mutual and the Lake Swim by the National Heart Foundation. A great deal of assistance was given by both organisations including information packs and souvenirs for visitors, certificates and publicity. The Australia Day Council donated medals as prizes for the relay event and the Lake Swim.



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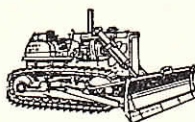
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Age Group winners at the carnival were:-

#### Women

- 25-29 Sue Johnstone (Cron/Suth)
- 30-34 Andree Gilroy (ACT)
- 35-39 Judy Ford (ACT)
- 40-44 Beryl Stenhouse (Cron/Suth)
- 45-49 Barbara Wilson (Nth Lodge)
- 55-59 Liz Wallis (Warringah)
- 60-64 Eileen Price (ACT)

#### Men

- 25-29 John Corlis (ACT)
- 30-34 Russell Fisher (ACT)
- 35-39 Mike Snoad (ACT)
- John Scott (Hunter)
- 40-44 Colin Thompson (Melb. Univ. Gropers)
- 45-49 Peter Watson (Tamworth)
- 50-54 Maurie Kane (Nth Lodge)
- 60-64 Bob Harris (Ettalong)

The Lake Swim of 1500m in Lake Burley Griffin attracted 151 swimmers ranging in age from 8 to 63 years. The National Heart Foundation gave us their full support for this event and, as a result, the entries were up 100% on last year. A.U.S.S.I. swimmers who placed in their age groups were:-

#### Women

- 25-34 Sue Johnstone (C/S) — 1st
- Jane Sutton (ACT) — 2nd
- Angelika Erpic (ACT) — 3rd
- 35-44 Helen Rees (ACT) — 1st
- Robyn Steller (ACT) — 2nd
- 45-54 Barbara Wilson (N.L.) — 1st
- Elinor Mackenzie (ACT) — 2nd
- 55 + Eileen Price (ACT) — 1st
- Pat Thompson (TAM) — 3rd

#### Men

- 25-34 Rex Larkings (ACT) — 2nd
- 35-44 Colin Thompson (MUGS) — 1st
- John Scott (Hunter) — 3rd
- 45-54 Peter Watson (TAM) — 1st
- 55 + Bob Harris (Ettalong) — 1st
- Bob McCabe (N.L.) — 2nd

A great deal of publicity was received for the weekend events. Newspapers, television and radio all gave us space and time. As this has been very hard to come by in the past, it shows the worth of sponsorships and we hope to continue our fruitful relationships with City Mutual and the National Heart Foundation.

Visitors and locals alike enjoyed the competition and social events of the weekend and we

hope next year will be even bigger and better. We would like to see adult swimming one of the major features of the 1984 Australia Day Sports Carnival.

*Peg Townley*  
*Publicity*

## W.A.

At present I am receiving annual reports from all our clubs in order that our State Annual Report can be compiled in time for our A.G.M. on 15th February. So far, a few things have become apparent from reading between the lines. Our clubs are happy, they love their swimming, but the big word is PARTICIPATION. They participate in everything A.U.S.S.I. has to offer. Top ten, awards, aerobic trophy, training and coaching, seminars, interclub swims, the State swim, and all the swim thrus and marathons that winter swimming, Swim, Swim or anyone else care to put on. Be it a serious State swim or a family fun swim, they attack it all with fun, comradeship and enthusiasm.

The other point which has become apparent and makes me exceedingly happy as State secretary, is that our club committees are organised. It is apparent that club committee members who take on a position are finding out all that this entails and their responsibilities at a Club, State and National level. Top Ten time cards are arriving at our State recorder's home as per her instructions, so too are the aerobic trophy forms, carnival results, etc. There seems to finally be an awareness of the fact that if 'I don't do my job correctly, it is going to make a lot of work for someone else'. I hope this attitude will continue.

The year ended with a delightful Family Fun Swim. The weather and venue were perfect and swimmers laughed their way through 'Iron person' relays, 'Feet first' sprints, etc. Even the kids had a go at the end of the programme and I have never seen a bucket of lollies disappear so fast. I've never been so popular. We had prizes for heats and presented the Pedestal Trophy (a lavender toilet seat) to Osborne Park by winning with the grand total of 5 points over the other clubs who scored 4, 3, 2½, 1½ and the rest on 0.

Discussions with the personnel at the Department of Youth, Sport and Recreation have proved very beneficial. They are paying the airfare of our State Coach or an administrator to conduct a workshop in March at Sth. Hedland, Newman



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and Karratha clubs. Being so far from Perth these clubs have unique problems and we wish to do all we can to assist. The State Branch has agreed to pay a second airfare so that both facets of A.U.S.S.I., coaching and administration can be covered fully. The same department is running a Corporate Cup to encourage swimming fitness and A.U.S.S.I. is helping out. We have also been asked to participate in the planning of 1983 the year of the 'Life. Be in it Sport.' so we hope all this will indicate more co-operation in the future.

Two annual events which always attract a

large A.U.S.S.I. following in W.A. are the November Swim Thru at Bunbury, a mile swim at a country town down south; and the Swim Thru Rottnest, which again is a mile swim swum around a portion of an island situated some miles off the coast. It's fun making a bee line through the blue bottles, but the finishing line is the hotel. There are prizes galore and A.U.S.S.I. has done extremely well over the years taking off many 'Fastest Man and Fastest Lady' trophies. I'm sure 1981 visitors will remember Rottnest and those bikes!

*Glenys McDonald*

## *Fitness and Health*

### **TRAINING — THE WHY AND HOW!**

*Part 1 by Kay Cox*



In the previous articles we have discussed both the concept of physical fitness and how fitness and performance instead of decreasing with age may be maintained and even increased by swimming. However, that does not mean a casual swim. Every so often will achieve such an end. We need to embark on a conditioning or training programme that has certain aims, is well thought out, applies the principles of training so that it is of sufficient intensity, duration and frequency to impose a work load (stress) on the body so that it will adapt and make the changes necessary to improve performance. That is, produce the training effect. Programmes must be systematic and made to suit the individual swimmer, their capabilities and aims. Even though this last point is continually stressed, one still gets requests for 'exercise prescriptions' for members to follow. This is very 'off putting' as it illustrates that the concept of individual differences has not been understood, thus, to do this correctly, one would need to write out a different programme for each person. Hence your coach or fitness director is not avoiding the issue when they suggest that a list of training workouts for a session given to each member is not such a good idea. Not only are each individual's needs different but one's training needs change throughout any one season. Fortunately, however, there are some basic prin-

ciples of training and I strongly believe with information and practice, A.U.S.S.I. members should be able to plan an effective programme to suit their own needs. This does not mean club coaches and fitness directors become redundant but has the advantage of freeing them to concentrate on refining programmes and attending to individual needs. To achieve this the following issues will discuss:

1. Training and Training Methods.
2. Developing your own Training Programme.

#### **TRAINING**

##### **1. WHAT IS TRAINING?**

Training or conditioning is the process by which you exercise, a stress, to cause changes in the body, i.e. the body adapts with an increase in bodily function and thus an improvement in performance. This is known as the 'training effect'.

##### **2. THE BODY'S ADAPTATION TO TRAINING**

The human body is really quite adaptable as when a stress is imposed, it will change in order to handle the stress. Of course, we are aware that there are stresses which result in changes that are harmful to the body such as disease, injury, emotional strain, etc. However, an exercise programme provided it follows scientific principles and guidelines can bring about changes that are



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beneficial to the body and improve fitness and performance. For example:

- (a) the heart becomes stronger and more efficient
- (b) the lungs increase in size and efficiency
- (c) the blood is able to carry more oxygen and dispose of wastes more efficiently
- (d) more oxygen is able to be used by the muscles
- (e) aerobic capacity is hence increased
- (f) an aerobic capacity is increased by better release of energy, energy stores are improved
- (g) the recovery rate is much faster.

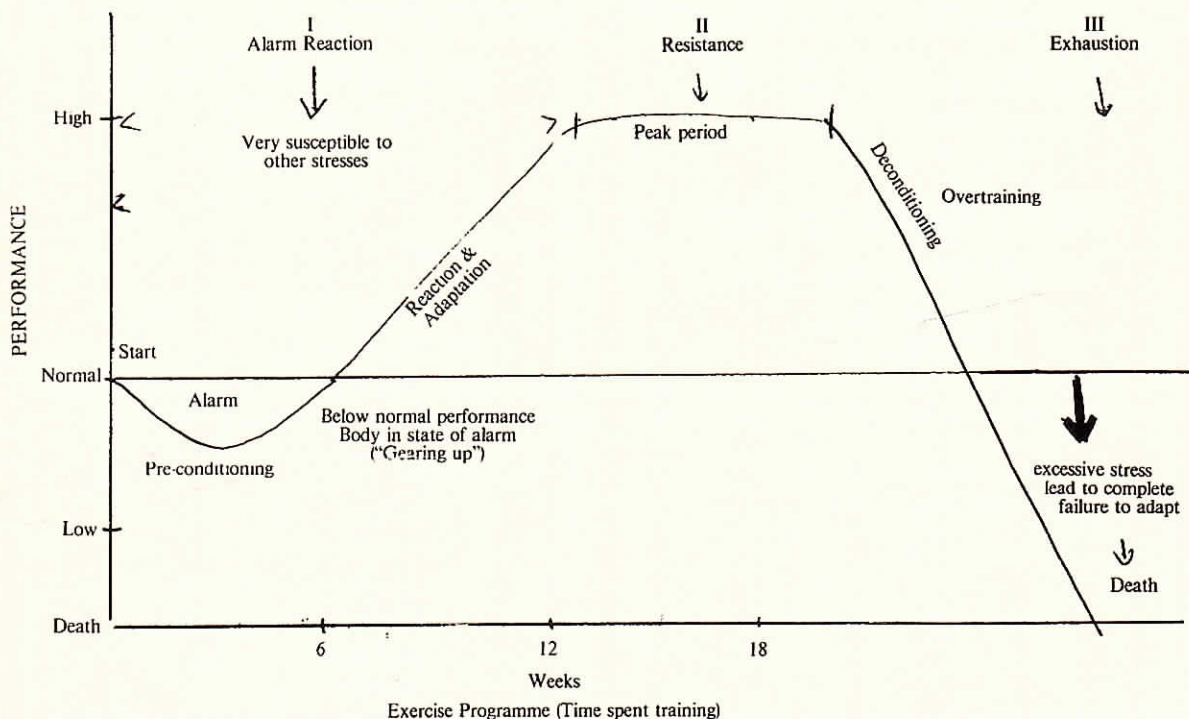
There are several other physiological changes but, suffice to say, these adaptations have the end result of improved fitness and performance.

This process of conditioning or adaptation varies in length of time according to the base level of fitness and the work load applied. More will be said on this later.

### 3. THE ADAPTATION TO STRESS THEORY

The most often used and useful theory of stress is that of Selye which says despite what stress is placed on the body whether it is illness, injury, emotional upset, pressure at home or work or heavy exercise, the same reaction or stress syndrome is displayed. This is called the General Adaptation Syndrome — G.A.S. It proceeds in three stages. Graph 1 illustrates these stages.

**ADAPTATION TO TRAINING (G.A.S.)**



**GRAPH 1**



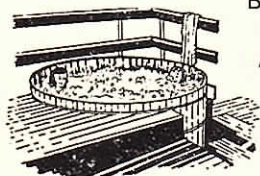
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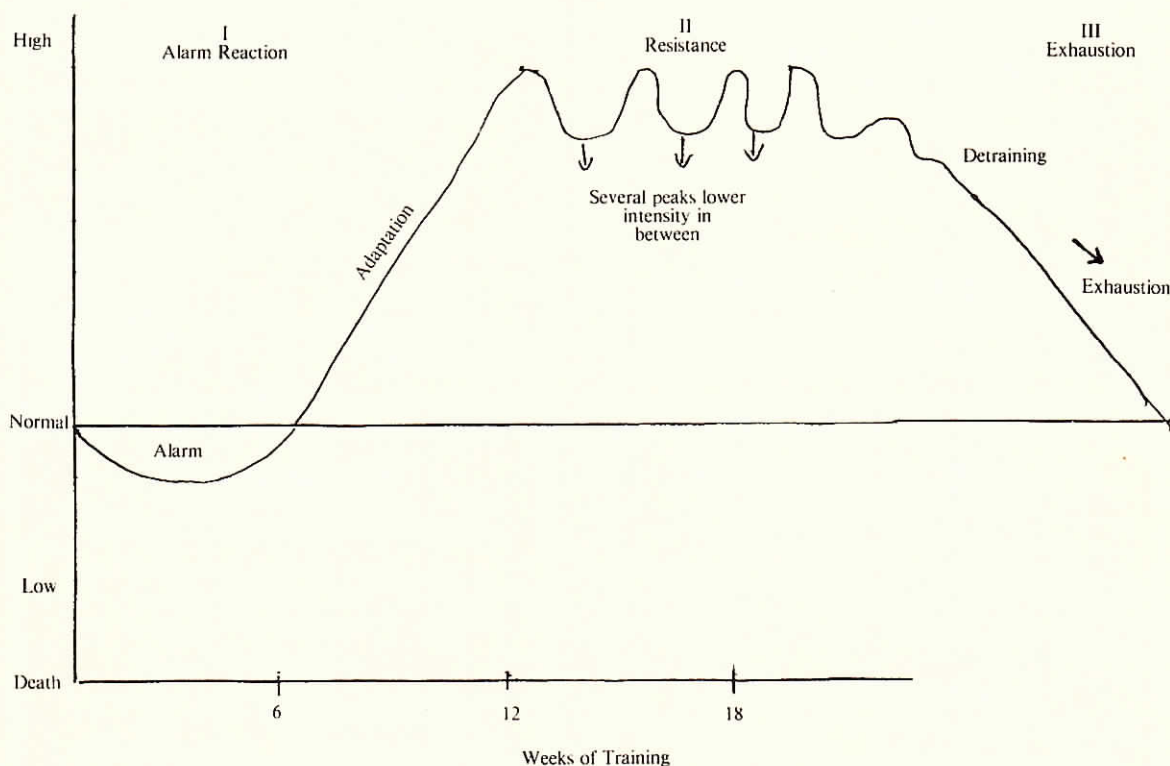
The phase of adaptation in which training is initiated and progresses towards peak performance. The period covering 5-12 weeks after the start of your programme. Those first weeks of training programme we all experience after a break and the length of the break usually determines how severe or long this will be. It is that period that should perhaps be called pre-conditioning and should receive more attention. It is the period where we feel tired and aching, swimming seems to be getting harder and times even worse and it's easy to convince oneself that you perform better without training. However, this is not so. Don't despair at this stage and offer encouragement to those who are new to the practice of training. This is the time in which your body is 'getting itself into gear' and may experience a number of stops and starts. Thus, it is vital that the progression is gradual and that you eliminate as many other stresses as possible. It is an important period as

(a) this is when one becomes tempted to 'throw in the towel'.

(b) If you try to do too much too soon, the body will fail to adapt and will move to the exhaustion stage.

## RESISTANCE — COMPLETED ADAPTATION

This is where peak performance is achieved and can usually be held from 3-6 weeks. It cannot be held forever and therefore we must plan carefully to make sure peak performance coincides with the events you are preparing for. Graph 2 shows how multiple peaks may be obtained by lessening the work load and hence performance will drop slightly. Then there is another short adaptation phase to reach peak, etc. This is very demanding physically and mentally for the swimmer. It is used in highly competitive swimming but one must question its extended use for A.U.S.S.I. swimmers. Better planning of yearly events such as State, National, International and award swims would be a more satisfactory approach.



GRAPH 2

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By decreasing the intensity of working stage 2 it is possible to achieve multiple peaks without reaching "overtaining" or going into the exhaustion stage.

## EXHAUSTION

Readaptation or loss of peak condition can start 8-16 weeks after the commencement of training. This, in the initial stages, is known as 'staleness' or 'overtraining' and is indicated most clearly when swim times start to increase, i.e. become worse. The natural reaction is to try to increase the work load — more swims and harder training — this only leads to further stress and inability to cope and worse performance. The cure is REST, either a complete break from training or a much easier less demanding programme. Of course this cutback brings about feelings of guilt in some and frustration and anxiousness which adds to further stress. Relax and be confident in your judgement and take the time off. You should learn to recognise the stages of training adaptation and to defect 'overtraining' before it becomes advanced. There are four practical ways in which you can do this.

(a) Record basal pulse rate. This should decrease as you get fitter if it is higher than normal. The reason is probably stress. If may be illness or some other kind but if you are training hard it is more likely to be your swimming. Slacken off in your workouts until it adjusts to your normal basal heart rate (i.e. taken on waking up still lying).

(b) Weight loss — over the training period most of us are anxiously looking for weight loss and may indeed be one of our aims for swimming. On the average a weight loss of 2-3 kg a week is acceptable. Any more and over an extended period of time, you should examine your programme carefully. It could mean your body is failing to adapt.

(c) Poor Performance. Keep a record of your training and performance times. The former will detect the condition sooner as you may have weeks in between time trials or club swims, etc.

(d) "Feeling Off" — being lethargic and lacking energy. Assess whether this is due to any specific thing or event e.g. over Christmas when we try to do all "the don'ts" and still expect our bodies to react favourably. Check diet and rest and other daily activities.

As has been stated, all stresses give the same response, that is, they all add to one another,

therefore, it is vital when undergoing a training programme that you eliminate as much as possible all other stresses and adequate rest, sleep and sound nutrition are very important. All stages of the adaptation are susceptible to added stress and excessive stress may lead direct to the exhaustion or failure to react stage with at the very least setting your programme back a few weeks. It is common to hear people say 'you are supposed to be fit with all the training you do and yet you are the first to catch colds, flus, etc.' However, it is because you are trying to achieve these bodily changes that you are more susceptible and the greater the stress of training the more susceptible you are. However, the adaptations that have occurred will allow you a quieter recovery provided you ease up on your programme. Also important, of course, is to minimise your chances of catching these diseases, perhaps even at the risk of being called a 'fitness fanatic'.

Training, therefore, aims to maximise or 'cash in' on this adaptation process to achieve fitness. Thus you should make sure you are training and not straining.

## THE CHANGE IN TRAINING METHODS

Training methods over the past 30 years have changed drastically and the improvements we have seen in competitive swimming times are a result of these improved methods. Some A.U.S.S.I. members may have used or recall some of these methods. The principle of 'overload' has been known as far back as the early Greek culture but the way in which it is applied has been greatly retimed over the centuries. For example, in the 50s, swimmers were required to swim with sandshoes on or swim distances towing weights such as drums partly filled with water, etc. With refined methods we see many 13 years swimming times once swum by Olympians. It is quite likely that some A.U.S.S.I. members may be swimming better times than they did 20-30 years ago when they are expected to swim slower. It is also more than likely that some members could swim better times more comfortably using different training methods. It is, therefore, important to evaluate what you are doing and why, and the effect it is having on your body. Just because certain methods worked for you 10-40 years ago (or even last season) that does not mean they will work now. Remember, two things have changed: (a) you are older, (b) more is known about the effects of exercise on the body and training has improved.



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When we are confused or uninformed we tend to fall back on old methods that have worked in the past. This is not to say that some of these methods and activities may not be beneficial nor am I advocating you follow 'fads' in training (as these appear each season) but you should be aware of what you are trying to achieve and try to find the most effective way for **you** to do this.

## **BASIC PRINCIPLES OF TRAINING**

### **1. OVERLOAD PRINCIPLE**

Whether we are concerned with developing strength, muscular endurance, sprintability or endurance, improvement only occurs where the body is challenged, that is, where work load is greater than that to which an individual is accustomed. This means you have to work harder, longer or faster (or all three) than is normally required for an event. This concept is easily understood in over distance training. Each individual's level of overload will vary according to their base level of fitness and, of course, will change as they adapt to each load.

### **2. PROGRESSION**

Work loads must not be too intense and must be increased gradually in a systematic plan and must be integrated with the application of the overload principle. If starting levels are too difficult then undue fatigue or exhaustion will occur thus hampering progress. If starting levels are too low or progression too slow, then minimal (if any) improvement may occur and the individual soon loses interest.

### **3. INTENSITY**

Work must be of sufficient intensity and duration to challenge the cardiovascular system. With other forms of exercise "getting a sweat up" is a good rule of thumb. However, with swimming this does not apply and can be particularly misleading in very cold or hot water. Once again, pulse rate is possibly the best practical indicator available. As fitness is imposed, that is, adaptation takes place to achieve further improvement, the training intensity has to be increased. Just how much and how hard again depends on the individual and their age.

### **4. FREQUENCY**

How often should you train to gain the maximum benefit? Is it necessary to train every day for the same length of time or would fewer but longer workouts produce better results? The evidence is not absolute. However, it would seem that (a) the greater the frequency, the better.

That is, five times per week is superior to three times or once a week to gain optimum improvement. (b) The recommended number of training swims to maintain the training effect for A.U.S.S.I. members is at least three times per week. (c) This should ideally be spread evenly over the week, e.g. every second day rather than three days together. (d) If you are active in other sporting areas it is desirable to spread your exercise so that it occurs on different days rather than what tends to happen, all on the weekend. (e) For young competitive swimmers it may be desirable to follow the policy "the more the better". However, where fitness is the prime concern and we are not training for the Olympics and when dealing with A.U.S.S.I. swimmers one must weigh up the time available for training against the benefits of training for several more hours per week. Once one has reached a 'good' level of physical fitness, more effort and time is needed to get further improvement and you may well find that the small percentage gain may not be worth the effort. However, this is up to the individual and if they don't feel happy, fit, etc. unless they swim "x" number of times per week and provided they are not becoming unduly tired or losing enthusiasm, then they should continue. (f) Adequate rest is essential to allow the body to recover and adapt to the stress you are placing on it. Rest days should be planned and one should not feel guilty about taken them. I also believe a rest period or break between seasons is essential to gain enthusiasm and motivation and allow the body a change of routine. This may be a few weeks or longer depending upon what you feel. However, if it is longer than three weeks, you will need to start with pre-conditioning programme again.

### **5. DURATION**

It appears that optimum training effects probably require a workout of at least 20-30 minutes. That is, time spent in swimming, not talking, resting or procrastinating!

This is not to say that you should not train for longer. In fact some programmes you devise will take much longer. However, any less than 15-20 minutes except in the initial pre-conditioning period would have little effect.

### **6. SPECIFICITY**

This means that you must train for your event or your specific purpose. If you wish to swim four events at the Nationals, then you are not go-



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ing to benefit by swimming once per week, playing squash three times a week and jogging four times a week. You may attain a high level of physical fitness but fitness also tends to be specific. That is, you would be better off playing pennant squash or running than swimming. If you are training for swimming then you have to swim. More specifically (a) if you have a particular event in mind, e.g. 100 breaststroke then you must swim breaststroke when training. That is, training is stroke specific. (b) If you are training for 100 metres then you should swim over this distance, not say 400 metres. That is training is distance specific (there are various methods by which this can be done, you don't have to swim just 100 metres always). (c) Training should, particularly during the last few weeks, become pace specific so you get to know how it feels to swim at the required pace for you to achieve your aim.

## **7. FUN AND FITNESS**

Although achieving fitness is hard work and requires effort (don't believe the propaganda that advocates 'fitness with effort', 'fitness in just 15 minutes a week', 'fitness without sweat') the process must not be unpleasant. Possibly the main factor that turns prospective members away is the 'spartan image' competition swimming does tend to have. For those who have not had years of refining strokes so that they are easy and relaxing to perform one lap can be a terrible experience of unco-ordinated action, mouthfuls of water and humiliating (as others cruise by). Training should be fun at all levels and high levels of intensity and duration can be achieved by thought to varying methods and incorporating 'play', an element so easily lost in sport and in adulthood. By planning programmes, you can build in fun activities and prevent boredom and lack of motivation before it starts.

## **METHODS OF TRAINING**

Of course, we all have different ways and methods of making up swimming programmes. However, if you examine what you are doing in your swims you will find that you are probably using one or all of the four basic training methods as defined by Dr. James Counsilman (1977) (a world reknown authority on swimming). I will briefly describe these methods and one other and the values each has and how they might be integrated as the basis for the next article which will be more specific in allowing you to formulate your training schedules knowing why you are swimming what you are.

## **1. OVERDISTANCE TRAINING**

This is the method where you swim longer than race distances so that you achieve general body conditioning for shorter events. That is, the body adapts to long continuous periods of moderately increased heart rate hence developing aerobic fitness. Distance usually range from 200 metres to 1500. However, when one is training for awards such as the 3000 metres and 5000, it may in theory be more. However, when you consider how long it takes to swim this distance and how taxing it is on the body, this is not very practical for many workouts and other methods are beneficial.

Distances are swum, of course, at a slower speed than is swum in a race.

## **WAYS OF SWIMMING OVERDISTANCE**

### **(a) Without timing**

This is a useful method at the beginning of a season or when you are feeling extremely tired. However, for most people it does not provide sufficient motivation and one can tend to 'plod' along and not place enough stress on your body to produce the 'training effect'.

### **(b) Steady Pace**

The most popular form of overdistance is steady pace. That is, you decide how fast you wish to swim, say, 800 metres for e.g. 16 minutes. Thus to maintain an even pace, each lap should be swum in two minutes. A clock is used to make sure you keep to this pace. In terms of energy efficiency especially in a race situation, maintaining a steady pace is a far better method of swimming. This method enables you to not only adapt physiologically but to be able to 'feel' how you are swimming.

### **(c) Out slow-back faster**

The first half of the distance is swum slowly or moderate pace and then the second half is swum faster. For example, in an 800 metres the first 400 metres might take nine minutes and the second 400 metres seven and a half minutes (total time 16.30 minutes). The times can vary depending upon the state and stage of training. This form of overdistance training is quite challenging and has been used by swimmers such as Shane Gould and Mark Spitz.

### **(d) Speed Play or (Fartlek — Swedish term)**

One swims overdistance for example for 2000 metres or even a set time (e.g. one hour) and during the swim you vary the pace from slow to



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moderate to fast. For example, 400m (laps 50 metres), (S = slow, M = moderate, F = fast).

1S 2M 2F 2M 1S. Or within the distance, e.g. 2000 metres you might time some distances. e.g. 2 x 200 metres, 2 x 400 metres, 2 x 100 metres. This means that these swims are efforts and in between the rest of the distance provides the rest period where you continue slow swimming.

#### (e) Overdistance Interval Training

Overdistance can be even more challenging and beneficial by swimming it in the interval training method. That is, instead of swimming 2400 metres continuous you swim 3 x 800 metres with perhaps a 30 seconds or 60 seconds rest — the rest period depending again on the level of fitness and stage of the programme.

#### (f) Overdistance monitored by pulse rate

As overdistance swimming is now done at full effort pulse rates will vary. However, there is a minimum heart rate which must be reached before the training has any effect. This will be discussed in detail in the next article and it depends very much on age and fitness. However, a pulse rate of 180-200 means about a 70%-100% effort, 150-170 moderate effort and for most, a pulse of 120-150 at least is necessary to gain the training effect. Swimming a 3000 metres award, one would expect to have a pulse rate of over 170 whereas in training, it may only be 130. Monitoring heart rate enables you to see if one is working hard enough.

## THE BENEFITS OF OVERDISTANCE TRAINING

1. It is mainly used to develop cardio respiratory endurance.
2. Muscles are more efficient at aerobic work.
3. Endurance level of the muscles is improved.
4. Many adaptations are made by the body which enable it to handle stress the next time it is imposed.
5. Your body can easily cope with a larger volume of overdistance training without becoming exhausted whereas it cannot handle large amounts of high quality work demanded by sprinting or repetition training. This is particularly important as one gets older or where one's fitness level is low such as at the beginning of a programme.

The key factor to remember is that the heart is conditioned by keeping the pulse elevated for relatively long periods of time.

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## Changeroom Chatter

### HANDY HINTS

Did you know that corn flour can be used to sprinkle between your toes after your swim and shower, to keep them dry and nasty rashes at bay. So don't waste money on expensive powders — use ordinary corn flour.

\* \* \*

Congratulations to the N.S.W. Publicity Officer and Top Ten Recorder, Val Dorrington — a baby boy, Peter.

\* \* \*

Is there any A.U.S.S.I. club who can boast having a member who is in training for the Olympics?

Maida Vale (W.A.) A.U.S.S.I. has Alan Morley (age 42) who is hoping for a place in the Disabled Olympics Team to compete in New York in 1984. Alan was a member of an Australian team to compete in Hong Kong in November at the Far East and South Pacific Disabled Games where he won every event he entered . . . No less than five gold medals and four world records.



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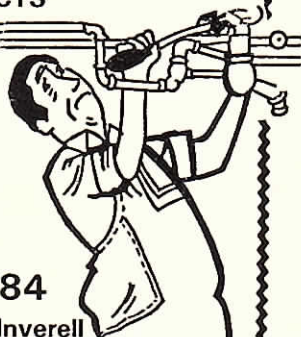
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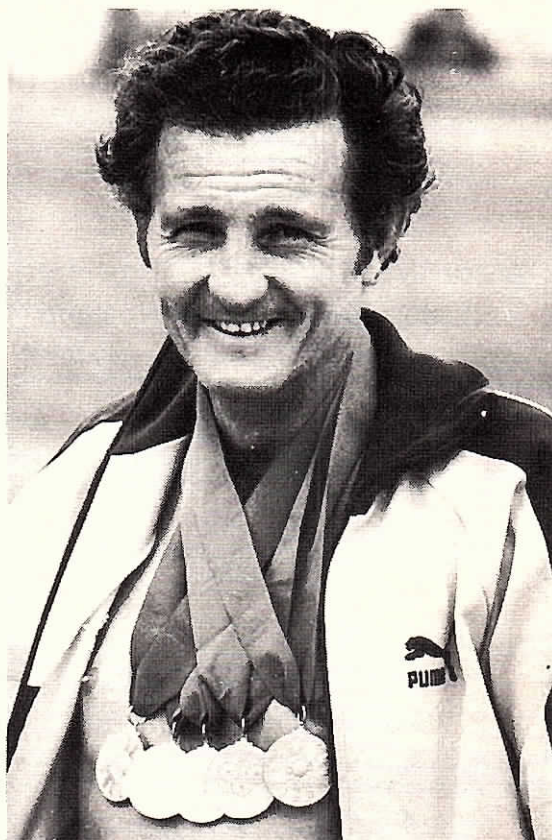
Terrific times you'll agree for a man with only one arm.

After winning the "Swim Through Whyalla" at the age of 13, Alan boxed for 10 years. During this time he became the State Lightweight Champion of South Australia. His boxing came to an end when he lost his arm in an industrial accident at the age of 25.

Alan, his wife Joy and three daughters moved to Western Australia and in 1977 Alan started swimming again when he joined the Somerset Sea Snakes (a metropolitan over-age swimming club.) In 1981 he became a member of A.U.S.S.I. Maida Vale, where he is a regular swimmer on Club and training nights. Alan is also one of a band of Maida Vale swimmers who swim the Bunbury and Rottnest distance swims each year.

Alan is now training for the Australian Amputee Games which will be held in Melbourne in March, after which the team to represent Australia in the Disabled Olympics will be selected.

*Leonie Haig*  
*Maida Vale A.U.S.S.I. W.A.*



**Alan Morley**

## **MEET MAUREEN ROSE**



Maureen grew up in Beverly Hills. She worked in legal offices for 10 years before commencing a family. She has two daughters, Sharon aged 8 and Julie aged 6.

Maureen and her husband, Warren, have lived in Kirrawee for 10 years. She and her family enjoy bush walking, especially in the Royal National Park, which is close at hand.

Maureen's interests include social tennis and swimming. Yes, swimming, so maybe Cronulla Sutherland will gain a new member yet.

The Rose family are active members in the Uniting Church at Jannali, coincidentally where the Davis family attend! Maureen's typing ability impressed me from the first interview. The fact that she and Carol are good friends, should ensure a happy and co-operative staff at the office.

*Brian Hird*



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# Calendar of Coming Events

## 1983

- March, 5, 6: N.S.W. State Cup — Warringah Aquatic Centre  
 5, 6: Victorian State Swim
- April 9-12: Pan Pacific Masters International Championships  
 Warringah Aquatic Pool, Sydney (Saturday-Tuesday)
- 15-17: National Swim — Australian Club Championships  
 Chandler Pool, Brisbane
- 24: Gold Coast Mini Marathon and Fun Carnival —  
 Southport Olympic Pool, Paddi Anstey (075) 37-1652
- May 1: Blacktown Swim (Pelican P.S.) — C. Turner. P.O. Box 595, Blacktown
- 21: Coogee Randwick Swim — Mary Connolly, 328-6626
- June 12: Queen's Birthday Weekend Carnival — Tamworth  
 (Pelican P.S.) — R. Spink (067) 66-1623, P.O. Box 773, Tamworth
- July 13: Ettalong Carnival (Pelican P.S.) — G. Varley  
 C/- Olympic Pool, Blackwall Road, Woy Woy
- September 17: Sharks Spring Splash — Cronulla (Pelican P.S.), Beryl Stenhouse (02) 523-2361
- October 1: Hunter Swim (Pelican P.S.) — Bob Ford, P.O. Box 149, Merewether, 2291
- November 5: Hills Swim (Pelican P.S.) — Pat Sommerville, 872-3146
- December 3: Western Suburbs Swim (Pelican P.S.) — Ann Still, 604-6902

## International Dates — U.S.A. 1983

- May 28-31: U.S.M.S. S/c Championships, Swimming Hall of Fame Pool — June F. Krauser,  
 2308 N.E. 19th Avenue, Fort Lauderdale, FL33305
- August 25-28: U.S.M.S. L/c Championships, Indiana University

## 1983 Canada

- March 4-6: Ontario Provincial Championships, Nepean Sports-plex, Joan Taillefer,  
 1700 Woodroff Avenue, Nepean, Ontario K28 1W5
- April 15-17: E.O.M.A.C. International Invitational — Olympium Pool — Chris Pieczora,  
 590 Rathburn Road, Etobicoke, Ontario M9C 3T3
- May 6-8: Canadian S/c National Championships, Dollard des Ormeaux
- June 11: Saskatchewan Championships, Regina Masters, Wendy Warren,  
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## 1984

- April 24-28: FIRST WORLD MASTERS SWIMMING CHAMPIONSHIPS,  
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- May 26-29: U.S.M.C. L/c Championships, Industry Hill, California

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## TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the June edition of A.A.S. must be received by 1st May, 1983.

Write to the Secretary, Box 456 Post Office, Sutherland, 2232.



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- (b) varying a contract;
- (c) directing the refund of money;
- (d) directing the payment to persons who have suffered loss or damage of the amount of the loss or damage.

It is clearly impossible for us to ensure that all advertisements published strictly comply with the provisions of the Act. We will, however, take what action is available to us in this regard by carefully scrutinising all advertising material presented to us for publication. Advertisers and individuals involved in the preparation of advertisements must bear the prime responsibility for ensuring that advertisements do not contravene the prohibitions contained in the Act.

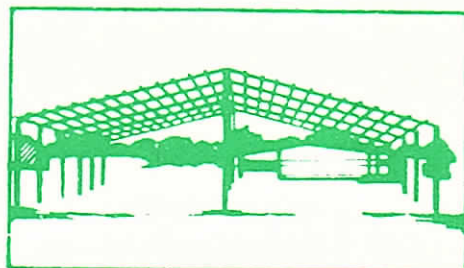
As a general rule advertisers should, in order to avoid contraventions of the prohibitions, make their advertisements informative and ensure that claims made are capable of substantiation. Where doubts exist it may be in your interest to seek legal advice prior to submitting advertisements for publication.



*Best Wishes to all Members, from*

# **RAMAR**

## **STEEL FABRICATION & SALES STEEL MERCHANTS**



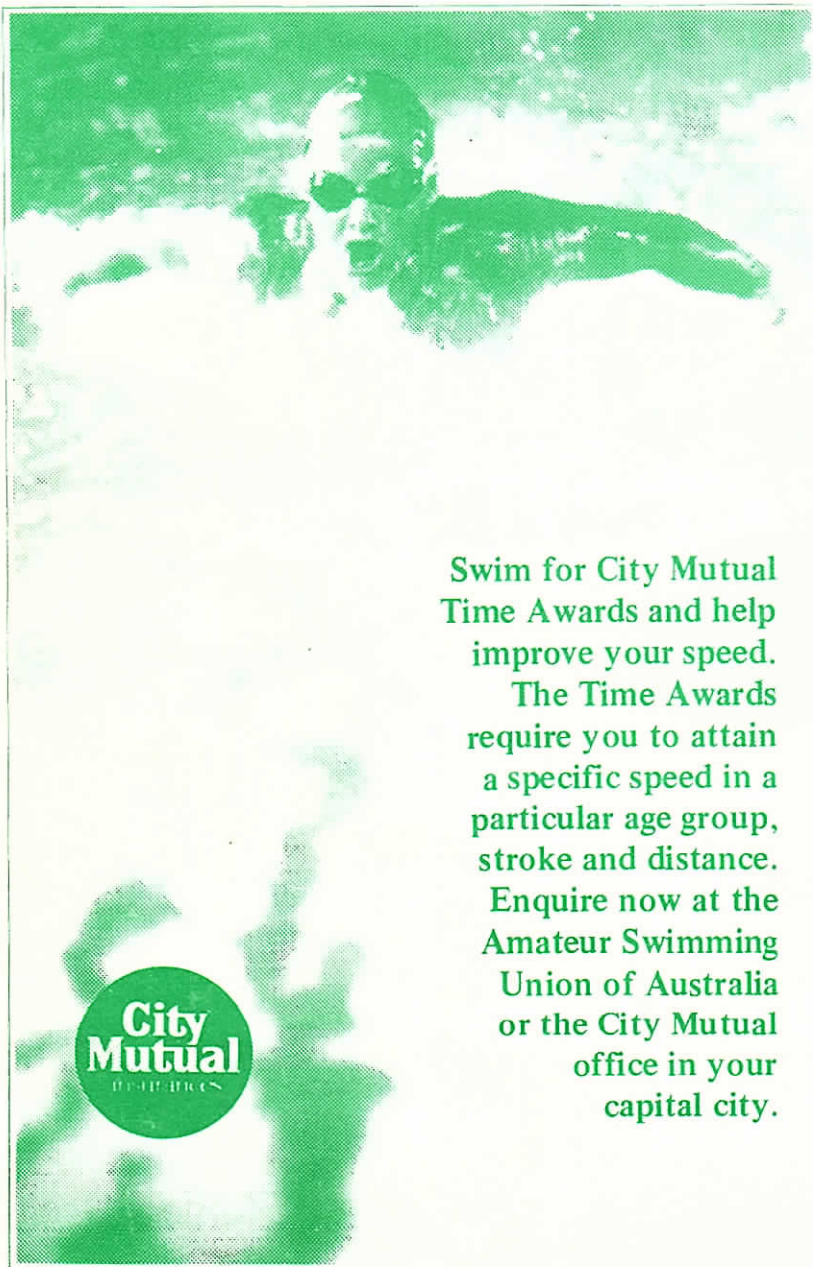
- INDUSTRIAL
- DOMESTIC
- SECURITY GRILLES
- BALUSTRADING

TRUCK MOUNTED 4 TONNE CRANE FOR HIRE

### **PHONE 32-5424**

**20 BAILEY CRESCENT  
SOUTHPORT**

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Swim for City Mutual  
Time Awards and help  
improve your speed.

The Time Awards  
require you to attain  
a specific speed in a  
particular age group,  
stroke and distance.  
Enquire now at the  
Amateur Swimming  
Union of Australia  
or the City Mutual  
office in your  
capital city.

## Time Awards



**Because good health is the best insurance you can have.**