

Swimmers

Happy New Year !! Are you ready. What did your mind whisper on 31 Dec 2009 around midnight? Change does not begin with hope, it begins with action.

Much has happened since we last spoke and I have plenty of new ideas swimming around in my head (hope you like that one!)....

During the Christmas holidays, our Endless Pool got a little too much use... We broke engine #1. Good news, Endless Pool is right here in Pennsylvania and they sent a Drexel Engineer out on Christmas eve to fix us up !! Adam Alper is a sub 10 hour Hawaii IM and had ulterior motives when he showed up the day before Christmas - he wanted to swim in a DOUBLE EP. I helped and we got him on his way before dark. We now have a new system on #1 side - where all of you normally swim. In any event, we are starting 2010 physically ready to rock !!!

As we begin another year together, I would like to once again thank you for your commitment to the sport. I look forward to seeing each of you this year. In gratitude, O2 SWIMMING will be holding the price the same in 2010. We have only had one price increase in the 6 years we have been "live".

At this time, I would also like to offer any EXISTING client a free hour session BEFORE an full distance IronMan event. For my swimmers, I would like to offer YOU a free session before any MAJOR event - districts, zones, nationals.... Please schedule this session about 2-3 weeks out so that we have time to make any corrections that might be necessary and feel comfortable BEFORE race day.

I will use this month as a reminder of some of the peripheral issues in swimming.

1) HEALTH - we absolutely MUST stay healthy now and that supersedes training. Training while sick and going downhill for 3+ weeks is just not smart - take a day or two if you feel poorly and ease back into training. This is a tough time of year and many mortals are sick now - stay clear of them. Do NOT diet now, it is absolutely the WRONG time of year to starve the body. It is wiser to make healthier choices and leave the diet for late winter/early spring.

Also, to keep from pool infections - here are my old tricks (they have worked well for me over xyz years !) - plenty of nasal saline IMMEDIATELY after any swim...flush the nose! The other trick is to place a layer of Aquaphor on the nasal membranes the night BEFORE you plan on swimming. These 2 things will protect the sinus cavities; which are the bane of swimmers everywhere.

2) STRETCHING - a good time of year to re-commit to a stretching routine. Do not look at this as ANOTHER thing you have to add to an already busy schedule. Stop whining. DO IT !! Stretching should be done warm (especially if you are over 30, like me), so take a few minutes to ease into a routine. ANY routine is better than no routine. I can help you with this, or you can search on line for some swimmer stretches. The shoulders will be the most important, but every muscle should get a few seconds before the real work begins. I stretch after an easy 1,000 meters of drill / swim every day.

3) New Year workout- for you swimmers, I am sure your coach has plenty of work lined up. Do not forget to incorporate YOUR GOALS into every practice. Your goal is always and nothing less than - A PERFECT STROKE. What is your SPL right now?????

For triathletes, I see too many of you going too easy and "just swimming". This is the perfect time of year to get serious about swimming. Winter is the world's swim season...hint ! Vary something. Remember Albert Einstein - doing the same thing and expecting different results is the definition of insanity. 'Nuff said.

I am also reposting an old video that we have seen before - just to torment you. Which swimmer are you?

http://www.youtube.com/watch?v=FrSTJLN_CY
[Before and after a swimmer has been properly coached/trained !](#)

Ready?

SwimStrong. SwimSilent.
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