

# The Blue Lobster

Maine Masters Swim Club Newsletter

October 2009



## MESC Wins... Again!

The Maine Masters Blue Lobsters trounced the competition with more than 1500 points to take home its third New England LMSC Long Course Meters Championship this past June in Middlebury, Vermont. There were many exciting, break-through swims. As usual, Zachary Gray won male High Point winner, with Son Nguyen a close second. Kristi Panayotoff scored the most for the female Blue Lobsters, coming in fourth overall. Mike Schmidt, Doug Pride, Sam Manhart, Jessica Knight, Philip Szela, and Cheryl Kupan each set at least one New England record. Way to go MESC swimmers. SCM is next!

### MESC Board of Directors

- Mike Schmidt  
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- Doug Pride  
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- Ben Morse  
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- Hodding Carter  
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For club related concerns,  
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Questions about the  
newsletter:

[hoddingcarter@myfairpoint.net](mailto:hoddingcarter@myfairpoint.net)

## LIFTWEIGHTS: LIVE BETTER, SWIM BETTER, LOVE BETTER (TWO OUT OF THREE?)

It's a well-established fact that aging and loss of muscle-mass go hand-in-hand, much like Jack and Jill tumbling down the hill, right? Wrong (yes, you should have guessed where I was going). So let's get this straight right at the beginning:

numerous recent studies have shown that men and women can continue to increase and/or maintain muscle mass into their 80s. In other words, getting weak does not have to be, and should not be, if you're

*continued on page 6*

# 10<sup>th</sup> ANNUAL GEORGE ERSWELL MEET

Nov. 1<sup>st</sup>, 2009 – Bowdoin College Greason Pool, Brunswick, Maine

Sanctioned by NE-LMSC for USMS, Inc.

## Sunday 11/1, 11:00 AM Warm up / 12:00 PM Start

*Print seed times clearly! Use a colon between minutes and seconds.*

*Circle the event number you wish to enter and if you have one, enter a seed time (select up to 5 individual events, see relay note below for relay entries). Seedings will be from slow to fast regardless of age and gender. Entries with no seed times will be placed in the slowest heat. Heat sheets will be posted 15 minutes prior to the start of the meet. Separate results and scoring for men and women by age group will be posted after each event.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		Mixed 500 Free*		1
2		Mixed 100 Breaststroke		2
3		Mixed 200 Butterfly		3
4		Mixed 50 Free		4
5		Mixed 200 IM		5
6		Mixed 50 Backstroke		6
7		Mixed 100 Free		7
8		Mixed 200 Breaststroke		8
9		Mixed 100 Backstroke		9
10		Mixed 50 Butterfly		10
11		Mixed 100 IM		11
12		Mixed 50 Breaststroke		12
13		Mixed 200 Backstroke		13
14		Mixed 200 Free		14
15		Mixed 100 Butterfly		15
16	See below	Mixed 200 Free Relay**	See below	16
17	See below	Mixed 200 Medley Relay**	See below	17

**\*Swimmers must provide their own counters. \*\*Relays will be deck seeded.**

EVENT 16 Mixed 200 Free Relay 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 4) \_\_\_\_\_ Age: \_\_\_\_\_

Seed Time: \_\_\_\_\_

EVENT 17 Mixed 200 Medley Relay 1) \_\_\_\_\_ Age: \_\_\_\_\_  
 2) \_\_\_\_\_ Age: \_\_\_\_\_  
 3) \_\_\_\_\_ Age: \_\_\_\_\_  
 4) \_\_\_\_\_ Age: \_\_\_\_\_

Seed Time: \_\_\_\_\_

## Participant Information

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Home Phone \_\_\_\_\_ USMS# \_\_\_\_\_  
 Age \_\_\_\_\_ DOB \_\_\_\_\_ Gender **M** **F**  
 Emergency Contact (name/phone) \_\_\_\_\_  
 Maine Masters (MESC)  New England Masters (NEM)  
 Other Masters Club (please indicate club \_\_\_\_\_)

Club members outside the New England LMSC must attach a copy of their current USMS membership card

## Meet Details

All Maine Masters sponsored meets will be governed by the current USMS rules. All properly timed personal performances by Registered Masters swimmers, at an official meet are eligible for record consideration in Maine, New England, and Nationally.  
**This is a sanctioned meet. Only USMS Registered Masters swimmers 18 years and older may enter a sanctioned meet.** To register as a Maine Master contact: Son Nguyen, 6 Libby Street, Scarborough, ME 04074 (207) 615-1299.

**Directions:** Bowdoin College Pool is located at the Farley Field House (Hwy. 123 S) Harpswell Road, Brunswick, Maine

**Facility:** 16-lane pool with eight lanes, adjacent lanes for warm-up and cool down and electronic timing will be used.

**Awards:** Time cards with individual results will be available for participants

**Meet Director:** Brad Burnham

**Contacts:** Brad Burnham at [bburnham@bowdoin.edu](mailto:bburnham@bowdoin.edu) or (207) 725-3527

**Fees:** Entries received by 8:00 AM, Wednesday, October 28<sup>th</sup> will be pre-seeded and cost \$15 for 5 individual events plus relays. Later entries, including deck entries will be accepted at a cost of \$20 for 5 events. Make checks payable to Polar Bear Masters

**Send Entries To:** Brad Burnham, Bowdoin Athletics-Swimming, 9000 College Station, Brunswick, ME 04011

## Waiver (must be signed by all participants)

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM AND ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING THOSE CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS"

**Signature of the Participant** \_\_\_\_\_

**Date** \_\_\_\_\_

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# Got Balance?

*Fine-tune your training regimen for better, faster swimming*

*by Mike Schmidt*

I've been asked to write about something that I feel masters swimmers are missing in their training. Unfortunately, my knowledge of how such a diverse group trains is very limited, so I'll offer up some thoughts on finding ways to balance training needs for the various energy components involved in race preparation. In describing this, due to limitations on article length, I will have to provide very basic explanations, so I offer my apologies in advance.

Lets start by identifying the types of training that I'm trying to fit into a weekly workout menu. The aerobic training is categorized as base endurance (roughly 65% effort), anaerobic threshold (roughly 80% effort) and overload endurance (90% or greater effort). The anaerobic training includes power (max effort for a short period 5-7 seconds, or max effort against resistance),

lactate production (short sprints of 25 or 50 yards with sufficient rest to allow for lactate clearance) and lactate tolerance (race type effort swims of 50-200 yards that allow sufficient rest for near maximum efforts, but not enough rest to allow for lactate clearance). In addition weekly training should include a large component focused on technique.



In the context of master's swimming we then have to address three confounds to weekly planning, limited workouts per week (assuming a range of 3-6 per week on average), limited time per workout (assuming a range of 60-120 minutes per workout on average) and limited energy/increased need for recovery time. These issues require some trial and error to find a way to get in the necessary training to improve

performance against the backdrop of our everyday life limitations (which often far exceed those I list above). The most pressing question to me has always been how to accomplish the training involving high intensity swimming in the course of each week.

After some initial failures in planning, which involved inadequate recovery time between high intensity training sessions, I settled on a weekly plan that seemed to work a bit better. It placed power training with base-endurance training on Monday, lactate-threshold training on Tuesday, recovery on Wednesday (focused on technique with all swimming at base endurance speeds or slower), lactate-production training and anaerobic-threshold training on Thursday, recovery on Friday (same as Wednesday), lactate-production and overload-endurance training on Saturday and Sunday as a recovery day out of the water. In addition to the primary focus each day, all days would include technique training and



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swimming at base endurance speeds.

As a caveat, I would offer that the above menu would be the training schedule in the middle of a training cycle, and would differ early in the cycle, and later in the cycle. The difference in the later portion would arise from the inclusion of much more race speed or pace training which would become the method of providing maintenance training for all anaerobic energy systems. (Which is a very important component to the overall design of the training cycle that, unfortunately, I do not have time to cover here).

Now for some thoughts on fitting this into a busy schedule, and how it should be done. Let me start with the observation that the vast majority of people I see competing are intelligent enough to avoid events longer than 200 yards/ meters in duration. I will categorize this group as the “Sprint Group”, and I have a different menu that I suggest for this group.

For the sprint group we’ve dropped the threshold and overload endurance training,

at least in terms of sets specifically designed to address these energy systems. Instead, the only aerobic training system we include in the menu is at base endurance speeds. (How we arrived here is a long story, but I will summarize by saying a reliable source told me they did this with great success, and I suggested it to Mike Ross who seemed more than happy to experiment with



the change).

Whether or not this was successful is probably a matter of opinion, but an interesting observation that I had from it was that Mike swam a rested 500 before we made the change, and the following fall swam an unrested or in season 500 while doing almost no threshold or overload training. The result was the opposite of what I would have expected, in that he

was faster in the second swim by a second. From those results I would speculate that he had lost little to no aerobic conditioning, and possibly had even improved in this regard.

So what did I learn from this that may be useful to everyone out there? Whether you are training for short or long races, the most important thing to make sure you don’t cut out of your training schedule is likely the anaerobic training. Moreover, simply calling a set by a name is meaningless if it doesn’t produce the desired result. For these types of sets to work, they need to be performed at high effort levels and high speeds. Secondly, allowing adequate recovery between high intensity sessions is equally critical. Rather than viewing these sessions as “easy swimming”, understand the need to multitask since we have less time to spend in the water. Thus make recovery days into technique days.

I hope these thoughts will help everyone to swim faster.

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# The Bottom Line

by Sandy Potbolm

*Do you do resistance training and if so, what type and how much? If not, why?*

*I am 43 and I use a drag suit to increase resistance in the pool every time I swim. This was a recommendation by a former high school teammate of mine who is now a collage swim coach.*

Karl Joslin  
Bowdoin College Pool

You mean apart from resistance to staying in bed in the morning??? (ha!)

I'm a Pilates person, twice a week, and I just love it!

Nuala Eastwood  
Bowdoin College Pool

Retirement move to Brunswick (Thornton Oaks) 15 years ago from a Boston suburb at age 78. Prior to our move, physical activity was bi-weekly indoor tennis (two to four hours), outdoor golf three hours, timeless hours gardening and mowing about an acre of lawn for our brick colonial home that always needed some painting or repair. No need for a dedicated exercise program.

Major exercise program for past 15 years has been half-hour sessions three days a week in the Running Start Program at the Bowdoin College pool. Primarily water aerobics in the shallow end but also an occasional lap swim. Thornton Oaks nurse also runs an in-

house half-hour exercise program of three days a week and more recently that program runs twenty-four hours a day on our closed television channel so it can be accessed at anytime. I probably have averaged using these programs at least twice a week for the past 15 years. Following a cardiac incident in March of this year I have tried to use these programs three times each week with few exceptions. Also I completed an eight week cardiac exercise program at Mid Coast Hospital in May/June this year and this allowed me to lose one inch of waistline (waist 38 now) and a twelve pound weight decrease to 175 pounds. This summer I have also return-

*cont. on page 6*

*cont. from page 1, Lift Weights*

concerned with quality of life, a part of aging. But don't take it from me. A recent study completed by the Buck Institute for Age Research showed that resistance training completed by the elderly not only made the subjects stronger but also affected their muscles genetically. After only 6 months of strength training, their "gene expression profile" had a more youthful appearance. "In a very real sense, the muscle was younger," explained Dr. Simon Melov, leader of the study.

If you're like many of the swimmers who responded to Sandy Potholm's most recent *Bottom Line* question, you've been doing very little strength training—perhaps because you believed there was no point. But now that you've realized you can be as strong, or stronger, than your younger self, (which you've realized by reading this), it's time to begin a strength-improvement program based on resistance training that fits your needs—using anything from stretch cords to free weights to pool-based equipment like a parachute,

Power Rack, or StretchCordz. Without spending a good percentage of your training time on making strength gains, it doesn't matter how many aerobic-based sets you complete. It will be very hard to get any faster. The races we pool-swimmers compete in are, for the most part, sprints. In fact, the only non-sprint races are the 400 IM, the 500 free, the 1000 and the 1650. To get faster at sprinting, you must improve speed and strength. Elsewhere in this publication, Mike Schmidt has encouraged you to focus more on anaerobic training which will improve your speed. Resistance training will fill-in any of the remaining gaps.

Not interested in getting faster? That's fine. According to many of the same studies that show we can gain muscle strength as we age, resistance training also improves bone health. Putting it simply, the more you lift, the stronger your bones. And strong bones/strong body most likely means more strength between the sheets. Maybe it is three out of three.

*cont. from Bottom Line*

ed to golf and try to play at least twice a week.

Sandy, I am not sure why I have been given the gift of good health but it probably can be attributed to the gift of genes from my parents some 94 years ago plus being a non-smoker, very limited partaker of alcohol, and active mentally (semi-retired). Most people will guess I appear and act 20 years younger than my real age (although I had both knees replaced four years ago).

So what is it?... must be great metabolism going on inside--what I eat is converting to protoplasm that is so essential to my living. I am not sure one is able to regenerate or build muscle mass but I am sure adequate resistance-training will help maintain what one has. May I leave you with the following verse:

*Heavy weights and exercise  
Will always generate some lies,  
When friends or family ask you how  
You manage saying, "no more chow"  
Just exercise and eat much less  
And with a body you'll be blest!*

Ev Hanke, 93

**Sunday 11/15/09, 10am Clinic, 11am Warm-up, 12pm Meet Start**

**Print seed times clearly! Use a colon between minutes and seconds.**

*Circle the event number you wish to enter and please provide a seed time. Select up to 5 individual events, and relays will be deck seeded. Seedings will be from slow to fast regardless of age and gender. Heat sheets will be made available and posted at the start of the meet. Separate results and scoring for men and women by age group for each event.*

Event No.	Entry Time Women	Event	Entry Time Men	Event No.
1		800 Free Relays		1
2		Mixed 800 Free		2
3		Mixed 100 IM		3
4		Mixed 100 Fly		4
5		Mixed 100 Back		5
6		Mixed 100 Breast		6
7		Mixed 100 Free		7
8		Mixed 400 IM		8
9		Mixed 400 Free		9
10		Mixed 50 Fly		10
11		Mixed 50 Back		11
12		Mixed 50 Breast		12
13		Mixed 50 Free		13
14		Mixed 200 IM		14
15		Mixed 200 Fly		15
16		Mixed 200 Back		16
17		Mixed 200 Breast		17
18		Mixed 200 Free		18
19		200 Free Relays		19
20		Mixed 1500 Free		20

**10-11am -- Starts & Turns Clinic with Mike & Mike --**  
*World-Record-Holder Mike Ross and MESC President Mike Schmidt will be conducting an one-hour clinic, on starts and turns, for participants of the meet. Pre-registration is required and space is limited, so get your entries in early!!*

**Participant Information –Please Print Clearly!–**

Name \_\_\_\_\_ USMS# \_\_\_\_\_  
 Home Phone \_\_\_\_\_ E-Mail \_\_\_\_\_  
 Age (as of 12/31/2009) \_\_\_\_\_ DOB \_\_\_\_\_ Gender: **M F**  
 Emergency Contact (name & phone) \_\_\_\_\_  
 Maine Masters (MESC)  Other Masters Club (must attach a copy of your USMS Card)  
 New 2010 MESC Member (50% off the deck-entry fee)

This meet is sponsored the Greater Portland Swimmers and all proceeds are to promote swimming in the City of Portland. In 2008, this meet raised over \$600 for new swimming equipment at the three public pools in Portland: 25-meter Riverton, 25-yard Reiche, and 25-meter Kiwanis (summer only). It is opened to all USMS-registered swimmers age 18 and older. All properly timed personal performances at this sanctioned meet are eligible for record consideration in Maine, New England, USMS, and FINA. To register with Maine Masters (MESC) for 2010 and receive 50% off the deck-entry fee, please contact:

Son Nguyen, #6 Libby Street, Scarborough ME 04074. (Phone) 207-615-1299.

**Facility:** 6-lane 25-meter pool (one lane will be used for warm-up and cool down) with electronic timing system. Foods will be available for purchase throughout the meet. The Riverton Community Pool is located at **1600 Forest Avenue, Portland ME.**

**Awards:** Time cards with individual results will be available for participants.  
**Entry Fees:** \$30.00 for swim meet and swim clinic (pre-registration is required for clinic). \$20.00 for swim meet only and no cost for relays (\$30.00 for late/deck entries until 11:15am).  
 Entries must be received by Fri 11/13/09. Make checks payable to: *MaineMastersSwimClub*  
 Send questions and entries to: Son Nguyen, #6 Libby Street, Scarborough ME 04074.

**LIABILITY RELEASE:** "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THIS MEET OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, THE TOWNS OF HARTFORD AND WHITE RIVER JUNCTION, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ROCKLAND BREAKWATER SWIM***by Kristi Panyatoff*

Summer week-ends in midcoast Maine are jam-packed with outdoor activities. The heavy rain and winds on Saturday August 29 cancelled many of those events. But getting wet is what swimmers do---right? So, the 4th annual Rockland Breakwater Lighthouse Swim proceeded on schedule. Since the 7/8 mile long granite breakwater shielded the swimmers, and the kayak course marshals, from the 4-foot seas and 25 knot wind, the swim course was slightly shortened to 1.4 miles, to

keep swimmers and kayakers on the protected side. Twenty two swimmers entered the 1.4-mile event; 21 finished. Nineteen swimmers entered the 2.8-mile race; 17 finished. Previous years have shown recent successful English Channel swimmer, Elaine Howley, to be the only person conditioned enough, or otherwise able to swim the double course(3.2) in just a regular swim suit. This year two of her male Boston-area men friends came up to swim the long course without wetsuits just to show us that men can do it too. The entire results can be found at [mainemasters.org](http://mainemasters.org) but a big thank you to all the volunteers who got soaked without even swimming!

**Future Meets****November 1, 2009**

Bowdoin College

**November 7, 2009**

Portsmouth City Pool

**November 15, 2009**

Riverton Pool, Portland

**November 22, 2009**

Bath YMCA

**December 11-13**

SCM Champs, Boston University

**[www.mainemasters.org](http://www.mainemasters.org)**

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