

TRAINING HINTS FOR THE ONE HOUR POSTAL SWIM

by Dr. Paul Hutinger

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base. You should be able to be close to your 1650 pace for this swim. The chart below, will give you ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on a 1:20 pace for a series of 20 x 100 yds. on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace @ 1:30 (10 sec. rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own similar training schedules. You could do a set of 500 yd. repeats on the pace of 1:20 for each 100 yds. which would be a 6:40. Do 4 x 500 @ 8:00 and try to average 6:40. Increase the number of repeats until you can do 10 x 500 at an average pace of 6:40 every 7:00 (20 sec. rest between each 500). As you progress in your training, try a challenge swim of 30 min. and use this pace as a goal for your one hour pace time. This is an example of marathon training. This would give you 2250 yds. in 30 min. if you maintained the 1:20 pace, and give you a goal of 4500 yds. for the one hour swim.

Since this event is scheduled for your own pool any time in January, practice in a lane where you can see the pace clock and use that to keep track of your pace. When you swim for an hour, you must hold back on the first part of your swim, so you can maintain your pace for the total time. This pace may seem slow in the first 15 min., but as you get into the last 15 min., you will realize the importance of maintaining your pace. Many swimmers are coached on doing negative splits, so the last half of your swim would be faster than the first half. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that enables your body to supply the energy at a steady state, so the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Master swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40 x 100 yds. with 10 sec. rest or 10 x 500 yds. with 20 sec. rest. Take a 30 min. challenge swim to test yourself on your pace. Start training by Nov., so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim, of one half your estimated goal, should be a week before your swim. Take the day off before you swim. **GOOD LUCK!!**

1650 SWIM PACE

	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	27:30	30:15	33:00	34:22	36:07	41:15	49:30
HOUR	6,000	5,150	4,500	3,950	3,600	3,300	3,000	2,850	2,700	2,400	2,000

Paul Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, FL. He holds numerous national and world records, including the Hour Swim in 1986. The Mavericks sponsored the One Hour Postal National Championship in 2002, and will again, in 2007.