


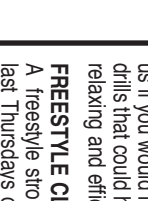



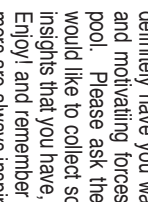





MARCH 2010 FITNESS SWIMMING CALENDAR

THE OAHU CLUB ADULT SWIMMING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 4x150 k/sw/p 2x200 build 2x400 sw/pull 2x200 fast 50 kick 4x100</p> <p>DISTANCE</p>	<p>2 5x100 ez 4x150 (50st, 100fr) 6x50 kick/swim 4x200 pull 4x150</p> <p>MID DIST</p> <p><i>Make the Most 6:30 - 7:30PM</i></p>	<p>3 6x50 choice 4x150 (50bk, 100fr) 12x100 (100easy, 100 mod, 100 fast) 2x200 ez</p> <p>INDICATOR 100</p>	<p>4 6x50dr/sw 300 rotate 50 kick 400 p-pb 5x200 dps challenge odds 4x100 emte, 6x50</p> <p>MID DISTANCE</p>	<p>5 4x250 (100 fast, 50k, 50p, 50dr) 4x150 (50st, 50dr, 50k) 4x100 evens fast 4x50</p> <p>VARIETY</p>		
<p>8 8x50 dr/fr 400 st/fr 4x150 (50k, 100f) 3x300 p#1&2, swim #3 fins 4x100 1/2 fast</p> <p>MID DISTANCE</p>	<p>9 400 dr/fr 4x100 pull 2x200 dps 400 st/fr 4x100 choice Bonus 50s</p> <p>DISTANCE</p>	<p>10 2x150 k/sw/p 3x200 desc pull 3x100 kick fins 3x200 desc swim fins 5x100 choice</p> <p>DISTANCE</p>	<p>11 400 dr/st/k/sw 4x200 p desc 4x100 fast, 100 ez) 3x200 (50 k, 150 dr/st) 50s</p> <p>SPRINTS</p>	<p>12 4x250 (sw1&2, p 3&4) 2x(4x50) fast-easy 100-200 rec 3x200 1st 100 kick bonus 50s</p> <p>MID DISTANCE</p>	<p>13</p> 	<p>14</p> 
<p>15 3x(100 sw/p/d/r) 6x50 st/fr/dr 5x300 odds swim, evens pull 5x100 k/sw Bonus 50s</p> <p>DISTANCE</p>	<p>16 4x 200 (rotate 50 drill) 4x50 1/2 drill 4x150 pull 5x100 st/fr 8x50 1/2 fast</p> <p>MID DIST/DRILLS</p>	<p>17 Locomotive 1ez, 1strong, 2,2,3,3,2,2,1,1 10x100 (k/dr #5&6) 2x150, 2x100 2x50 var spint</p> <p>SPRINT</p>	<p>18 6x50 bk/dr/fr 6x150 (50 bk, 100 fr) 4x200 rotate 50 k 2x250 pull bonus 50s</p> <p>BACKSTROKE</p>	<p>19 400 dps 2x200 neg split, 4x100 pull 8x50 odds fast, 4x150 k/p/s Bonus50s</p> <p>MID DIST/PACE</p>		
<p>22 4x200 rotate 50 k 2x(4x50) fast ch 4x200 indicator #1 - 2,3,4 choice 8x50</p> <p>INDICATOR 200</p>	<p>23 4x250 (sw1&2, p 3&4) 2x(4x50) fast ch 3x200 rotate 50 kick</p> <p>MID DISTANCE</p>	<p>24 3x200 rotate 50k 4x50 drill 3x200p-bp 6x50 ez k/sw 4x50 on 3:00 w/ active recovery</p> <p>INDICATOR 50</p>	<p>25 Freestyle Clinic 7:30 - 8:30PM 300dr/fr 3x100 desc 2x150 e,m,f 2x 300p 2x150 e,m,f</p> <p>MID DISTANCE</p>	<p>26 2x300 sw/p 2x250 sw/dr 2x200 sw/p 2x150, 2x100 sw/p 2x50 kick 2x50 choice</p> <p>VARIETY</p>		
<p>29 4x50 st/fr 4x250 1st 50 stroke or drill 4x100IM kick 4x200 pull 8x50 st/fr</p> <p>PAGE</p>	<p>30 3x100 st/fr 4x200 4x150 4x100 4x50 #1&2 over k, # 3&4 pull</p> <p>MID DISTANCE</p>	<p>31 5x100, 4x150 3x200, 2x250 1x300 (last 100 fast each set, mix s,p,st,k)</p> <p>DISTANCE</p>				

MARCH TRAINING WITH KEVIN, JARED, JOHN & JOE
March is a transition from Winter to Spring and the training is scheduled to focus on conditioning. We have scheduled in variable speed training and indicator swims to measure improvement in efficiency and conditioning. For those who participating in the Honolulu and Honu Triathlons, they are only two months away. Remember swimmers to warm-up thoroughly and practice your stroke drills as this practice will contribute to your efficiency, power, and range of motion. We are looking forward to a solid month of swimming and remember the Summer 2010 North Shore Swim Series begins in three months!

The OAHU CLUB MASTERS SWIMMING

— WORKOUT TIMES —

Mon, Wed, Fri	6:00 - 7:00 AM
Mon through Fri	12:00 - 1:00 PM
Mon, Wed, Fri	6:30 - 7:30 PM
Tues & Thur	7:30 - 8:30 PM

MAKING THE MOST OF YOUR SWIMMING WORKOUT CLINIC

On Tuesday, March 2, we welcome all Oahu Club members to participate in our popular "Make The Most Of Your Swimming Workout" clinic from 6:30 - 7:30 PM. Please join us if you would like to learn several new efficient swimming drills that could help make your swimming experience more relaxing and efficient.

FREESTYLE CLINIC MARCH 25

A freestyle stroke mechanics clinic will be offered on The last Thursdays of the month, March 25, April 29 and May 27, during the evening Masters/Fitness swim workout from 7:30 - 8:30 PM, with additional (optional) practice time from 8:30 - 8:45 PM. This clinic is open to all levels of adult swimmers who have have a desire to improve their freestyle efficiency, technique, and conditioning. Please pick up a flyer at the club for additional details. The cost is \$60 or \$35 for Oahu Club members. Please register in the pro shop.

MAKING IT TO THE POOL INSIGHTS

An interesting article on making it to the pool insights will definitely have you wanting to reflect on your experiences and motivating forces that assist you in making it to the pool. Please ask the coaches for a copy! The coaches would like to collect some of your personal anecdotes and insights that you have, and possibly share them with others! Enjoy! and remember "The coaches and your fellow swimmers are always inspired when you "Make it to the Pool!"

CHECK OUT THE OAHU CLUB'S WEBSITE

Have you checked out the Oahu Club's website lately? www.theoahclub.com - The site is easy to navigate through and provides a lot of information on the Oahu Club, its Tennis and Fitness programs and Masters/Fitness Swimming. For reference to Masters / Fitness Swimming schedules, clinics, performance training, and other information, make your desired selection from the menu. Thank you for your support! If you have an event or information link that can be added to support the swimming program, please let us know.

FITNESS SWIMMING MISSION

To provide all adult swimmers with the skills to continuously improve swimming efficiency, stroke mechanics, & physical conditioning, in a fun, creative, & positive environment.