






SEPTEMBER 2008 FITNESS SWIMMING CALENDAR

THE OAHU CLUB ADULT SWIMMING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 LABOR DAY Waikiki Roughwater Swim 9AM - 2.4 miles Club is open No scheduled masters workouts</p>	<p>2 Recovery 2x(200sw, 4x150p, 6x100 st/fr, 8x50 choice) build each swim MID DISTANCE</p> <p><i>Make The Most Swim Clinic 6:30 - 7:30PM</i></p>	<p>3 10x50 k/p/s 500 pace pull 2x250 dps 5x100 dr/fr 10x50 1/2 fast MID DIST/PACE</p>	<p>4 noon 4x250 desc (50k, 200sw) 10x50 st/fr 4x200 plsw choice bonus 100's DISTANCE</p>	<p>5 400 dr/stk/fr 5x100 pull desc 4x(4x50 fast 2-300 recovery) 4x150 (50 k, 100 dr/st) SPRINTS</p>		
<p>8 4x50 st/fr 4x150 st/fr/k 4x200 (50 st, 150 fr dps) 500 pull pace bonus 50s MID DIST/VAR</p>	<p>9 8x50 st/fr 400 pace 2x200 pull bp 4x100 kick 8x50 fast/easy MID DISTANCE</p>	<p>10 4x250 desc 4x100 odds ez evens fast 3x200 pull desc 3x100 odds fast MID DIST/PACE</p>	<p>11 noon 4x200 p odds 2x150 st/fr 8x100 desc odds 10x50 odds fast bonus 100s MID DISTANCE</p>	<p>12 10x50 choice 4x150 k/sw/dr 10x50 odds fast 2x400 var sprint 10x50 fast MID DIST/PACE</p>	<p>13</p>	<p>14</p>
<p>15 400 dr/sw 4x50 bk/fr 4x150 bk/kick/fr/p 4x250 (200fr/50bk) 4x100 kick/free MID DIST/BACK</p>	<p>16 200 k/dr/sw 2x300 p/s 500 neg sp 4x100 6x50 pace 4x100 1/2fast MID DISTANCE</p>	<p>17 2x(300, 250p, 200, 150 p, 100 fast, 2x50 easy) 2nd round add kicking & drills DISTANCE</p>	<p>18 noon 8x50 dr 5x100 odds IM 4x200 dps 4x150 pull bp 8x75 desc MID DISTANCE</p>	<p>19 4x100k/st 500 var 4x200 dr/fr 5x100 pull 2x250 e/m/f 10x50 odds fast DISTANCE</p>		<p>21</p>
<p>22 2x50 k, 400 sw, 4x50 k, 3x200 p, 8x50 DPS 5x100 choice bonus 150's PAGE/KICK</p>	<p>23 4x150 6x50dr/fr 8x100 var 4x200 rotate 50k 4x100 dr/s 8x50 MID DISTANCE</p>	<p>24 400, 1x100, 300p 2x100, 200 ez 3x100 strong 100ez4x100 fast bonus 50s MID DISTANCE</p>	<p>25 noon 8x50 dr/fr, 400 sw/dr, 400 desc, 8x50 pull bp, 400 k3&6, 4x100 ch MID DIST/DRILLS</p>	<p>26 2x(5x100 choice, 300p, 200k, 100 medley) 10x50 fast w/active rec, 50 on 2:30 SPRINTS</p>		<p>28</p>
<p>29 2x250 (50k, 150sw, 50 dr/st) 4x100IM 4x150p b-p 5x100 desc VARIETY</p>	<p>30 2x300 enrf by 50s 5x100, 400 pull 300 k/dr/sw/ 200 pull, 100 ch 10x50 odds fast DISTANCE</p>					

SEPTEMBER TRAINING BY KEVIN, JOHN & JOE
Congratulations on a fantastic summer swimming 2008! We enjoyed working with each of you and are proud of your progress! Following the Roughwater begins our Fall emphasis which will continue with conditioning sets while incorporating additional stroke and drill sets in practice. September is a great time of the year to build a strong foundation of efficiency and power. Thanks for your participation and making the Oahu Club Masters a fantastic swimming experience!

The OAHU CLUB
MASTERS
SWIMMING

WORKOUT TIMES
Morning Mon, Wed, Fri: 6-7AM
Noon Monday through Friday: 12-1PM
Evening Mon, Wed, Fri: 6:30 - 7:30PM
Tuesday Evenings: 7:30-8:30 PM

WAIKIKI ROUGHWATER SWIM
Monday September 1st is the final scheduled Waikiki Roughwater Swim, the 39th Annual swim of the season! The preparation has taken place! The workouts in the pool and in the ocean have been very productive, meaningful, and memorable! Best wishes, swim fast, swim smart, and enjoy the experience and savor the moment!

MAKING THE MOST OF YOUR SWIMMING WORKOUT CLINIC
On Tuesday, September 2nd, 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.

FALL CLINIC SCHEDULE
The first freestyle clinic of the Fall season will be scheduled in early October. A clinic flyer will be out soon outlining specific dates and times.

2008 SUMMER OLYMPIC GAMES
Wow! The Olympics inspired us!
Congratulations to our age group coach Jared Heine who swam his best time in the 100 backstroke representing the Republic of the Marshall Islands. Coach Kevin Flanagan also attended the Olympics as Jared's Coach! The Olympic participation here at the Oahu Club will contribute to the flow of positive energy! Inspiration!

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