



Hi Sonni, remember a couple days ago when I mentioned feeling smoother, but not necessarily faster when swimming some intervals, and you commented that I really don't know what this means, and then I agreed and asked what it does mean? Well you can forget that question. I just needed the H1 swim workout to answer it for me. Those 300's went really well today. When I used to do 300's, I'd do 5 or 6 of them in about 5 minutes, give or take a few seconds, with 2 1/2 minutes rest - pretty much a full recovery. Today during lunch I did the 3 300's in 4:42, 4:50, 4:45, with only 40 seconds rest! That's still not very fast, but I was surprised by the amount of improvement

BW

---

Ah-ha.....so you **HAVE** been doing your drills very well!!! I can always tell this when someone makes quantum 'leaps' above previous times.....a gradual improvement would mean that you're getting 'more fit' @ race-pace.

A huge improvement (and your's is!!) simply must be as a result of improved technique. Why? Realize that swimming faster due to fitness is really a (for lack of a better term) "Losing" proposition.....for the faster you swim, the more (exponentially) the drag increases.....and, thus, the smaller the improvement.

Not so with swimming faster due to better efficiency.....the 'sky' really becomes the limit. Know that by swimming faster due to efficiency, you can beat guys (in the water) who may be more 'fit' or stronger. **It's all about streamlining.** These days, if I'm having a day in the pool where, in interval sets, I just can't "Feel" right.....like I'm struggling to make the interval I KNOW I can make.....the intervals are done right there. And 'drilling' ensues. And I may have to do this for the next 1-3 workouts. but I can always bounce it back. But it's still a very hard thing to bail on a workout (w/ others especially) when the mentality from running and cycling says to "push through".

Good job. Approach your swim-training like playing poker.....if you win a hand, play conservative.....meaning if you've had a good and fast swim workout, DON'T expect the same thing to happen over and over and over.....technique will slip-back due to the stress of the fatigue. Get back to the drilling. I try to minimize the 'back-slipping' in the way I structure your swim sessions.....we drill BEFORE the main set, and we drill AFTER the main set. Good form should be the last thing we feel before we get out of the water.

Just like shooting free-throws at the end of basketball practice.

see ya,

Sonni Dyer