



**Q:** I have a question about swimming. Bill \_\_\_\_\_ is my master's coach and asked why I was doing a long swim Monday instead of what was on the board. I explained and I think he was a little miffed and felt his workouts were the way to go. Should I do all his workouts, all your workouts or try to follow your workouts for the long swims and recovery swims and his for long interval and short interval days?  
J.B.

**A:** When I coached a master's team in Cary, I noticed that the coach before me intensified nearly every session in some way. I saw a lot of "fit" athletes (even former collegiate swimmers) whose strokes were heading south and were cooked after one hour. They were as "fit" as anyone who thrashed in such a resistant medium (H<sub>2</sub>O) would be.

But there is a difference between "fit" and "fast" in the water.

The difference lies in *EFFICIENCY*.....mechanical efficiency (how you move through the medium) and metabolic efficiency.....(the associated fuel cost on that movement) .

Just like there is GREAT value in going long on the run and bike.....so too is there in the water. Because often this can be achieved (aerobic endurance) while maintaining a "drill" or "stoke" focus.....which is why we incorporate such things in the ESS and EPS sessions.

Some swim coaches coach as though everyone is training for 200m IM or 100m free.[1 to 2 minute events].

I think the swim session-sequencing needs to be as "event specific" as possible. And triathlons (as those events @ an hour+) demand MANY forms of endurance.....and one of those is metabolic endurance.

And know that we're not ONLY training the swim to complete the swim. Our aim is to train the swim in such a way that the "fuel-cost" of the swim is minimized since the days just starting when you exit the water.

**Sonni**