



# PLATYPUS PRESS

- Moving ahead

January 2016

FITNESS, FRIENDSHIP AND FUN

IN THIS ISSUE

## Masters Swimming Tasmania - Looking to the Future

Welcome to the first edition of Platypus Press for 2016.

Last year the branch embarked on developing a new Strategic and Development Plan to take Masters Swimming in Tasmania into the future.

Our Strategic and Development Plan Committee – Phillip Tyrrell, Bill Woodworth, Dianne Gregory and led by Maciej Slugocki is developing a new three-year plan and the branch committee has approved priorities for the plan.

The immediate priorities identified by the sub-committee are the:

- Development of a marketing strategy to assist clubs to develop and grow, and retain and recruit new members especially in the younger age groups and in regional areas;
- Introduction of an annual program for the encouragement and development of technical and administrative officials;
- Design of a recruitment and development program for the development of coaches; and the
- Develop a communication strategy for communication with members.

The plan that is being developed will make sure that the good things about masters swimming in Tasmania are preserved while the challenges are addressed.

The year ahead will be exciting as you will progressively see a range of changes implemented. The rebranding of Platypus Press will be one of those changes.

We won't overload you with information but you can expect that once a week you will hear from us – it could be an email, a Facebook update or an issue of Platypus press.

We understand that some of our members are not e-enabled so we will have traditional hard copy content available.

We will also communicate with you by direct messages delivered to your mailbox, our web content will be expanded and we will increase the use of social media.



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# Innovations for the 2015 Nationals

The major event for Masters Swimming in Tasmania was the staging by the Branch of the 40<sup>th</sup> National Championships. These were held in Hobart over 4 days – 8 – 11 April.

We welcomed 600 competitors and over 200 visitors including officials.

Our entrants included competitors from the United States and New Zealand.

The organizing committee was very proud of the innovations to the staging of the championships that it was able to introduce.

- A new and integrated on-line entry system.
- On-line shopping cart.
- On line racing program.
- Direct communication with all entrants.
- An early bird registration prize provided by The Maria Island Walk
- A fully integrated, merchant banking payment system to handle entry and shopping cart payments.
- Creation of an MST YouTube Channel.

These innovations will remain as long term benefits to Masters Swimming in Tasmania.

The Tasmanian Branch appointed Pauline Samson and Maciej Slugocki to be the Co-Convenors for the 2015 Championships. Co-opted members of the organizing committee were Phillip Tyrrell, Dianne Gregory, Ian Shuey, Mendelt Tillema, Perry Brereton and James Gregory. Media work for the championships was undertaken by Peter Tucker, Maciej Slugocki and Michelle Brook.



## Nationals Photos

Official photography at Nationals 2015 was by Epsom Road Studios.



Photos are still available for purchase.

Check them out at:

<https://secure.epsomrdstudios.com.au/browse.php?id=3087>

You can see the video clips on the MST YouTube channel.

<https://www.youtube.com/channel/UCT7WiTicRvjFABErckoUsAg/feed>

# Masters Swimming Tasmania - Branding

The 2015 National Championships saw the introduction of some common branding.

Branding provides visual identification and recognition, a unified theme, a sense of continuity and community and evokes a feeling of ownership and action.

At Nationals 2015 we saw this continuity in the use of National Championships and Tasmanian logos, the wave theme in our publications and on the medal ribbons and in our YouTube Videos.

Our Strategic and Development plan has identified the need to for the implementation of a branding strategy for MST. One element of this strategy is already a given – our Logo.



Our branding strategy and imagery for Nationals was well received so, pending consideration by the Branch committee, the branding theme adopted for Nationals will be continued into 2016.

You can see some of the branding themes in this edition of Platypus Press.



# Branch AGM -19 March 2016 - Positions vacant

Our Branch Annual General meeting is being held on Saturday 19 March - on the morning of the first day of our 2016 Summer Championships.

At our AGM we do the usual things – receive reports from the office bearers, including the audited finance report for 2015, and elect our office bearers for 2016.

Positions for our branch executive will be up for election. The majority of committee members have agreed to re-nominate for 2016 with one significant proviso - the Secretary's position will be vacant and the branch committee would not like to see doubling up of position.

MST thanks go to our 2015 office bearers.  
President – Don Reynolds  
Secretary – Ray Brien  
Treasurer – Maciej Slugocki  
Recorder – Pauline Samson  
Coaching Officer – Phillip Tyrrell  
Safety Officer -Mendelt Tillema  
Social Media Manager – Maciej Slugocki  
Publicity and Promotions Officer (including Social Media)- Maciej Slugocki  
Registrar- Ray Brien.

In 2014 the branch appointed Pauline Samson and Maciej Slugocki to be the co-convenors for the 2015 National Championships – their roles will finish once the finance statements for the branch have been considered at the branch AGM.

Why don't you put your hand up to help out? Talk to your club president about how you can help.

## Branch Management Committee: Roles and Responsibilities.

<http://mastersswimmingtasmania.com.au/LinkClick.aspx?fileticket=ffa8U-8YkQo%3d&tabid=6893&portalid=36&mid=13634>



## Tasmania Summer Championships

Entries are now open for the Tasmanian Summer Championships.

The host club for these Championships is the Hobart Aquatic Master Swimming Club – the Orcas.



The Summer Championships are always a lot of fun and are an opportunity to see how well you are swimming, participate in club relays, have fun with your club members and catch up with fellow competitors from around the state and our interstate visitors.

We now have Branch banners to put on display and there is plenty of room for you to bring along and display your club banners and Mascots.

Vorgee are sponsors for Masters Swimming Australia so we will be using their backstroke flags.



## Nationals 2016

The 2016 Masters Swimming Australia National Championships are being held in Melbourne and entries are now open.

Masters Swimming Victoria invites all MSA members to Eat, Play and Love from April 21-24, 2016. Taking place at the Melbourne Sports and Aquatic Centre, members will compete in 22 long course events over four days.



You can register for the National's here.

<http://www.mastersswimming.org.au/News/Noticeboard/register-for-the-2016-msa-national-championships>

All you need to register for the championships is on the MST site  
[https://www.clubassistant.com/clu/b/meet\\_information.cfm?c=2222&mid=7128](https://www.clubassistant.com/clu/b/meet_information.cfm?c=2222&mid=7128)

# Training and your energy systems

by **Maciej Slugocki**

**Part 1**



Ever wondered how to improve the different aspects of your fitness?

Ever wondered why your coach has set a program and used such words as anaerobic threshold? And what are Zones?

In this first edition of Platypus Press for 2016 we will concentrate on briefly describing the training zones, explaining some of the terminology used and describing the first of our training zones.

Bill Sweetenham and John Atkinson\* have classified training performance into five zones.

- Zone 1 – Aerobic (A1, A2, A3)
- Zone 2 – Anaerobic threshold
- Zone 3 – High Performance endurance (critical speed, Lactate removal and MVO<sub>2</sub>)
- Zone 4 – Anaerobic (race pace training, lactic-acid accumulating); and
- Zone 5 – Sprint

As you may be unfamiliar with the technical terminology and it may seem to be complicated so I'll try and explain these training zone concepts in a simple way.

**Aerobic** – training performed **below** anaerobic threshold.

**Anaerobic** – an exercise intense enough to cause lactate to form.

**Anaerobic threshold** – the point at which the max training effort can be achieved without significant build up of lactic acid (lactate).

**Critical speed** – the speed at which maximum oxygen uptake is reached.

**Lactate removal** – a set designed to be swum with high levels of lactate requiring its removal for the set to be completed.

**Lactic-acid accumulating** – training sets where there is a buildup of lactate levels during the sets which reach their peak post set.

**High performance endurance** – training at a high level of intensity (covers critical speed, lactate removal and MVO<sub>2</sub> training)

**MVO<sub>2</sub>** – swimming at a speed near maximum.

**Race pace** – training for actual race speed goals.

More detailed explanations for these and other technical terms will be provided when training in the various zones is explained in greater detail.

Why do we need to train in specific zones?

Because training in specific zones improves different aspects of your fitness and enables you to develop the energy systems you need to

perform in the events of your choice. It is of little use if you are a 400 to 1500m swimmer concentrating your training efforts by doing most of your training in Zone 5 – Sprint.

From my personal observations most of the training, most masters swimmers undertake, is not carefully aligned to the training zones. The various energy systems are therefore not developed to the extent that they could and should be. For example, if your coach sets aerobic sets (Zone 1) and you swim them too intensively then it will be difficult to swim at the correct intensity when sets are to be performed in Zones 2 and 3.

For masters swimmers, Sweetenham and Atkinson recommend that the percentage of training volumes in the various zones should be as set out in the following table.

**Table 1 – training volume percentages**

Aerobic (zone 1)	85%
Anaerobic threshold and high-performance endurance (zones 2 and 3)	10%
Race pace and speed (zones 4 and 5)	5%

How then do we know the intensities of effort in each of the training zones? Well first you need to know your maximum heart rate.

## Calculating your maximum heart rate

*Your maximum heart rate is 220 beats per minute (BPM) less your age. So, if you are 60 years of age your theoretical maximum heart rate is  $220 - 60 = 160$  beats per minute (bpm)*

*All examples in this article use this age related maximum heart rate – for your specific training needs calculate your maximum heart rate and then apply the recommended heart rate ranges.*

We can now turn to consider in greater detail the first of our training zones.

## Zone 1 - Aerobic

Zone 1 swimming is low intensity swimming undertaken at specific heart rates, depending on gender and the effect required.

**Table 2 – Heart rate ranges**

<b>Zone 1 - Aerobic</b> Note: max heart rates are for a 60 year old	
A1 – Low intensity recovery work which complements anaerobic and sprint work	70 – 50 bpm below max i.e. between 90-110 bpm <b>NOT recommended for females</b>
A2 – Aerobic maintenance	50-40 bpm below max i.e. between 110 – 120 bpm
A3 – Aerobic development	40-30 bpm below max i.e. 120-130 bpm

Depending on the energy system you wish to develop there are corresponding interval sets to be swum.

**Table 3 – Repeats and intervals**

<b>Zone 1 – Aerobic</b> Total set distance – 1600m - 2000m	
A1 – repeats of 200 m to 1,500m	5-20 sec rest interval between each repeat
A2 – repeats as per A1	10-20 sec rest interval between each repeat
A3 – repeats of 50 m to 400 m	10-20 sec rest interval between each repeat

Zone 1 training does not lead to significant accumulations of lactic acid in muscles and is quickly dissipated. Try some sets using the parameters set out in Tables 2 and 3.

As previously pointed out, 85% of masters training should be undertaken in this zone.

Masters swimmers, competing at elite levels (approaching branch record standards and national records) should consider doubling their workloads in zones 2 - 5 leading to a 15% reduction in aerobic zone 1 work. This view is based on the observations that masters competing at the elite end of the spectrum have already developed significantly superior aerobic bases and are better served by increasing the workloads in the zone 2-5 levels.

In the next edition of Platypus press we will start our look at the other training zones, starting with Zone 2 – Anaerobic Threshold.



## A communication strategy for Masters Swimming Tasmania

As part of the development of a new Strategic and Development Plan for Masters Swimming Tasmania the need for a communication strategy was identified.

A strategy has been prepared and will be considered in detail by the executive at it's March meeting.

In the meantime, our communication with members is being ramped up – this 1<sup>st</sup> edition of Platypus Press for 2016 is an introductory taste of what is to come.

In future editions we will honour some of our quiet and not so quiet achievers, we will include technical information, and pass on any gossip that is sent in – We can mention the hatches and matches and honour any of our recently deceased members.

We are happy to include your submission so please send them in.

**Masters Swimming Tasmania**

You can contact us at our new email address.

[mastersswimmingtasmania@gmail.com](mailto:mastersswimmingtasmania@gmail.com)

## Advertising and events

Platypus Press provides an opportunity for clubs to list their events, training sessions and share some gossip.

We are not averse to some paid advertising but are happy to support, in a limited way, the commercial activities of our members.

For Nationals 2015 we received financial and in kind support from a number of commercial organisations.

Just so we don't forget their contribution and support here is a reminder of some of them.

### The Maria Island Walk



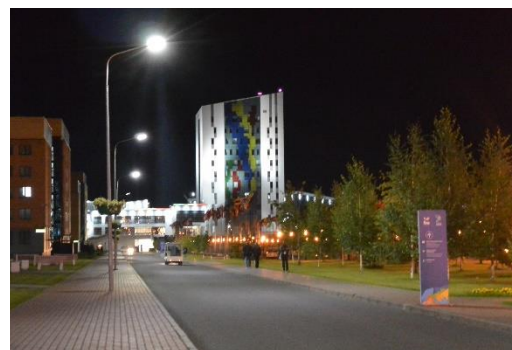
### Sport and Recreation Tasmania



### Balloon Magic



### PHOTO GALLERY



#### FINA 2015 World Championships, Kazan

Fond memories for John Pugh and Maciej Slugocki.



#### Dame Edna at Nationals - Hobart 2015

Fond memories for all of us.



#### Konrad Plachta in Action - Launceston

Aug 2014 Fond memories of the pain Konrad?

More photos in future editions of Platypus Press

A picture gallery on the MST website is also being established.

# Nightlife Flashbacks to Presentation Dinner - National Championships, Hobart April 2015

