

Fall 2018 SPMS Clinic

September 15, 2018 at 8 am at Marguerite Aquatics Center, Mission Viejo CA.

Special Guest Dr. Genadius Sokolovas of Global Sport Technology.

Cost. Coaches and Swimmers with a USMS card \$40 plus cost of any testing.

Non USMS members \$100 plus the cost of any testing.

Complimentary swim practice at 6 am; continental breakfast. For the sake of planning we will reserve only 50 lunch spots so indicate on your registration.

Topics

Using Heart Rate to Guide Training; Fatigue and Recovery in Swimming; Using Lactate to Guide Training; Warm-Up and Cool-Down in Swimming; Development of Aerobic Conditioning in Swimming; Development of Anaerobic Conditioning in Swimming;

Tests

Lactate Clearance - 25 min and limited to 10 swimmers

Lactate Heart Rate Profile - 50 min for 7 swimmers

Swim Power tests - 15 min per stroke per swimmer. Limited to 6 swimmers

Masters swimmers attending may be tested on the day of the clinic. Additionally swimmers may be tested on Sunday depending on space. To insure your participation in any test please sign up at this web address:

www.clubassistant.almostready.org (BTW that's a filler name until we get the real one). Swimmers may sign up on the day of the clinic to fill any unused spaces on Sunday. Cash only on the day of the signup unless clubassistant can figure something out.

1. Swim Power from \$75 (one stroke) to \$200 (four strokes)
2. Lactate Heart Rate Profile - \$150
3. Lactate Clearance - \$60
4. Seasonal Training Design - \$100