








JULY 2008 FITNESS SWIMMING CALENDAR

THE OAHU CLUB ADULT SWIMMING PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Make The Most Swim Clinic 6:30 - 7:30PM 4x150 k-st-fr 8x50 dps pace 12x100 sw 1-4, pull 5-8, sw 9-12 BONUS 50's MID DISTANCE	2 2x100 sw-p-dr 2x150 k-fr-dr 5x300 evens pull odds bk'n sw 5x100 dr-k-sw- sprint-ez DISTANCE	3 noon 2x(400 var sp, 300p, 200 dps, 100 fast) round 2 faster holding technique MID DISTANCE	4 July 4th Holiday The Oahu Club is open No masters work- outs scheduled	5	6 
7 400, 1x100fast, 300p, 2x100fast, 200ez, 3x100 fast, 100ez, 4x100 fast, BONUS 50's MID DISTANCE	8 100, 2x50 200, 4x50 300, 6x50 400, 8x50 mix pull-sw-st-dr BONUS 100's PACE	9 4x200 rotate 50k 4x50 kick 4x200 p mix bp 4x50 choice BONUS 150's MID DISTANCE	10 noon 5x100 evens kick 500 ez, mod, fast by 50's, 3x200p emf, 8x50 1/2 fast, 400 vs VAR. SPEED	11 4x100 dr/fr, locomotive 1ez, 1st: 2.2, 3.3, 4.4 4x200 #1 for time, 2,3,4 choice INDICATOR	12 CHOLOS 2000K Waimaea Bay 1.2 mileswim	13 
14 6x50 2x150 k-s-p 4x250 sw-p-dr 8x50 dps pace 2x150 k-s-p 100's emf MID DISTANCE	15 locomotive 1ez, 1st: 2.2, 3.3, 4.4 8x50 k/dr 5x100 on 4 min active recovery PACE	16 Waikiki Swim TRAINING 8x50 dr/fr 6x50 dps, 3x200 4x150 k-p-s 7x100 drafting BONUS 8x50 DRAFTING	17 noon 400 pace 8x50 odds fast 300 p, 6x50 fast 200 dr, 4x50 fast 100 ez, 2x50 fast SPRINTS	18 4x200 rotate 50 k 2x100 easy kick 200 for time choice 4x150 k-p-s 8x50 PACE	19 	20 TINNIAN TRIATHLON
21 400 dr/fr, 4x100 p 2x200 dps 400 p pace 4x100 choice 8x50 pace BONUS 100's DISTANCE	22 10x50 k-sw-p 4x100 e-m-f-e 300sw, 250p 200sw, 150p 100sw fast, 2x50ez, 6x50k MID DISTANCE	23 Waikiki Swim TRAINING 4x50 dps/fr 4x50 draft 4x200 draft 4x100 pace 2x100 k 4x100 choice DISTANCE	24 noon 4x100 dr-p-sw 2x(300 sw, 200 p, 2x100 fast, 2x50 ez-k) 2nd round faster MID DISTANCE	25 4x250desc (50k 200sw), 10x50 st/dr, 4x200 p/sw choice, desc, bonus 100's DISTANCE	26 SURF N SEA Churns to Waimaea Bay 1.6 miles	27 WAIKIKI ROUGHWATER SWIM CLINIC 8-9 AM Kaimana Beach
28 400 dr-st-k-fr 5x100 p desc 4x(4x50 fast, 2-300 recovery) 4x150 [50k, 100 dr-st] SPRINTS	29 300 pace 2x150 k/sw 300 pace 3x100 choice 300 pull 6x50 fast MID DISTANCE	30 Waikiki Swim TRAINING 8x50 k-dr-p-sw swims 4:00, 3:30, 3:00... 0:30 2x200 kick 8x100 1-4p, 4-8sw, 10x50 odds fast PACE	31 noon 500 KPS 400 dps-fr 300 dr-free 2x100 fast pace, 10x50 pace DISTANCE			

JULY TRAINING BY JOE, KEVIN & JOHN

With the North Shore Swim Series under way, we will continue to incorporate ocean swimming techniques and distance sets into the workouts. The Waikiki Roughwater training emphasis on Wednesday evenings, beginning July 16th, will provide insights and strategies on open water training. Each week of training is scheduled to build the distance and conditioning allowing your fitness level to adapt, and improve. Remember to continue to incorporate your specific stroke drills, add extra bonus sets, strength training, and stretching to bring you to the highest levels of fitness. Keep up the great work!

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

SURF&SEA NORTH SHORE SWIM SERIES
Remaining swims and additional information at hawaii-swim.com
Jun. 28 Raging Isle Sprint, 1 mile
Sunset-Pipeline
Jul. 12 Cholos Waimaea Bay Swim, 1.2 miles
Jul. 26 Churns Reef to Waimaea Bay, 1.6 miles
Aug. 9 North Shore Challenge, 2.3 miles
Pipeline-Waimaea Bay

MAKING THE MOST OF YOUR WORKOUT CLINIC
On Tuesday, July 1, 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 that could help make your swimming experience more relaxing and efficient.

WAIKIKI ROUGHWATER TRAINING 2008
Beginning on July 16, through September 1, our Wednesday evening workouts from 6:30-7:30 PM will focus on conditioning, ocean swimming strategies, and additional preparation for the annual Waikiki Roughwater Swim which is scheduled for Monday, September 1, 2008.

SWIMMING ARTICLE
This month please read the ocean swimming tips from former Waikiki Roughwater swimmer Alex Kostich. You can find them on the waikikiroughwaterswim.com website under the clinics menu. They are very insightful! Additional copies will be at the pool, offer additional options to your swimming competitions, ocean racing, and triathlon opportunities this summer. Go For It! Accept The Challenge and Savor the Moment!

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.