

Swim Training for Triathlon

Hosted by Swimming With Alaska Masters (SWAM)

www.akmswim.org/SWAM

What

Swimming with Alaska Masters (SWAM) will host a six-session Swim Training for Triathlon class on Thursday evenings and Saturday and Sunday mornings March 22 - April 29.

This class will focus on improving swimming skills for triathlon events and help to increase your comfort level in the water.

Swimmers age 18 and over are invited to participate. Thursday and Saturday sessions are designed for novice to intermediate swimmers who want to improve their skills. Sunday sessions are intended for more advanced swimmers, but others may attend. Please inquire with Coach Signe (see below) to determine the best session for you.

Participants should be able to swim at least 200 yards using any stroke without needing to stop. This is not a learn-to-swim course for new swimmers.

A female and male coach will be instructing our sessions. Our coaches have several years experience teaching adult swimmers. Learn more about our coaches at www.akmswim.org/SWAM/pages/coaches.html.

When

Thursday sessions: 6:00 - 7:30 p.m., March 22 - April 26

Saturday sessions: 8 - 9:30 a.m., March 24 - April 28

Sunday sessions: 10 - 11 a.m., March 25 - April 29

Where

Thursday and Saturday sessions are at the Moseley Sports Center pool on the Alaska Pacific University campus.

Sunday sessions are at the University of Anchorage Alaska, Wells Fargo Sports Center pool.

Cost:

\$200 (\$150 course fee + \$50 USMS registration fee). Class participants who choose to continue swimming with SWAM following completion of this class can apply for a \$50 discount on fees for the summer or fall SWAM session immediately following the class. Discount is valid only for swimmers who are new to SWAM.

Pool etiquette

All lanes are shared lanes. Lanes with two swimmers may be "split," with each swimmer staying in their half. Lanes with three or more swimmers will use "circle swimming" where everyone stays to the right side of the lane, just like driving on a street.

If you need to sit out during a set, please move to a corner of your lane to avoid disrupting traffic.

Swim attire

Swimmers must wear a swimsuit that is appropriate for vigorous activity. A snug-fitting one-piece is ideal, an athletic-style two-piece is also a good choice, but a bikini or "fashion suit" are not recommended.

Please, no t-shirts or shorts in the pool. Full-sleeve “rash guards” are a great swim-friendly choice for full torso coverage/modesty.

What to expect

U.S. Masters Swimming is a national organization designed to increase fitness in adults age 18-90+ through swimming. Our goal in this workout group is to make every athlete comfortable in the water and develop fitness and skill to complete a continuous 500-yard swim. Adult swimmers with every level of experience and age are welcome. Sessions will focus on freestyle stroke technique, but will include backstroke and breast stroke instruction that can be useful for extended swim strategies. You will learn in a group environment with other Masters swimmers who all share the same goal-- to be fit and have fun in the water.

Contacts and information

Want to know more or register? Contact Coach Signe at coachsigne@gmail.com. or see www.akmswim.org/SWAM.

About SWAM

Swimming with Alaska Masters (originally Sports West Athletic Masters) was founded in 1984 by a group of triathletes who sought to form an organized workout group. SWAM is Anchorage’s oldest U.S. Masters Swimming group and is a sanctioned member of USMS. SWAM has a storied history as the home workout group for many of Alaska’s premier triathletes and adult competitive swimmers.

Our group caters to adult swimmers of all abilities. We have team members who participate at the highest level of competition and others whose only interest is fitness. Regardless of the swimmer’s age, goals, and ability, it is our goal as a team to provide a healthy environment where people can come to have fun, become physically fit, meet with their friends, and continue to grow and learn in the process.

We invite you to join us.