

Rob Sliemaker



From the Center Lanes: Karlyn Pipes-Neilsen

Her name strikes fear in the hearts of her competitors. They know Karlyn Pipes-Neilsen is very hard to beat. At nearly anything – pool, open water, distance, sprint, and any stroke – her multiple world records and All-American honors speak to her incredible talent. But Pipes-Neilsen doesn't keep her

techniques secret, a fact known by many Masters swimmers who have participated in her Aquatic Edge technique clinics and watched her "GO SWIM" instructional DVDs. When *SWIMMER* asked Pipes-Neilsen what the real secrets are, behind the scenes, she didn't share any strange rituals or magic, just some good, common sense tips that reiterate the importance of a thoughtful approach to training.

••• **WRITE IT DOWN:** "At the start of the week I write down in my calendar when and where I am going to swim. I treat every practice like it's an important appointment that I do not want to miss," Pipes-Neilsen says. "Mapping it out helps me keep my commitment. This is especially helpful when I am traveling."

••• **WARM UP AND COOL DOWN:** As fast as Pipes-Neilsen swims, she never lets speed interfere with focused, easy warm-up and cool-down. "Skipping warm-up or cool-down means you are eliminating one of the most important components of training. I suggest at least a 15-minute easy paced warm-up, allowing time for the body to gradually wake up, to focus on good technique and to get mentally ready to swim fast." Pipes-Neilsen believes that if warm-up is the appetizer, then cool-down is the dessert. "To help you recover for your next training session, I recommend a 200- to 400-yard cool-down."

••• **POST EXERCISE RECOVERY:** "Without fail, I drink or eat something with a combination of protein and carbs within 30 minutes of my workout. It might be Nestlé's Quick mixed with non-fat milk, Kirkland Weight Loss shakes, soymilk, Accelerade drinks or gels, GO! Drink, PureSport or any number of protein/carb products available." While you certainly may eat food with similar properties, Pipes-Neilsen prefers a drink, as it helps her rehydrate, and is quick and easy to digest after a hard workout. One caveat: "Make sure you like the taste," she says, "otherwise you will not drink it." <<<

>>> **World Masters Swimmer of the Year, Pipes-Neilsen has set more FINA Masters world records than any other swimmer, ever. She lives in Kona, Hawaii, and loves to share her insight and expertise at her many Aquatic Edge swim technique clinics worldwide. See aquaticedge.org.**

Two-Minute Tune-up: Keep Your Head Still

Olympian and freestyle specialist Rada Owen shares an important tip for swimmers wanting to finesse their freestyle:

"Keep your head and neck still and in one position until you turn to breath. The head acts like a steering wheel of sorts; if it is bobbing and moving all around, your body will follow, causing resistance and unnecessary energy expenditure."

It may sound simple, but many swimmers, even experienced ones, have trouble keeping their heads still. Owen suggests pretending you have a neck brace on that prevents head or neck movement.

"Keeping your head and neck still will help your body to rotate properly around its long axis (head to feet) in a controlled manner," she says. "A proper rotation will allow for further extension with each stroke, which will help you pull more water and move with more control and ease."

Owen allows for some head movement only when breathing, but says that large exaggerated breaths or over rotation will interfere with buoyancy and rhythm. Remembering to keep your head still is just one step on your way to a controlled and efficient stroke. <<<

>>> **Rada Owen, 31, a USMS member, is originally from Richmond, Va., but currently lives in Los Angeles. Owen swam for Poseidon Swimming in high school and was All-American for Auburn University. The highlight of her swimming career was competing for the United States in the 2000 Olympic Games in Sydney. As a coach in Southern California, she now spends her time helping other swimmers, beginner or advanced, reach their swim goals.**



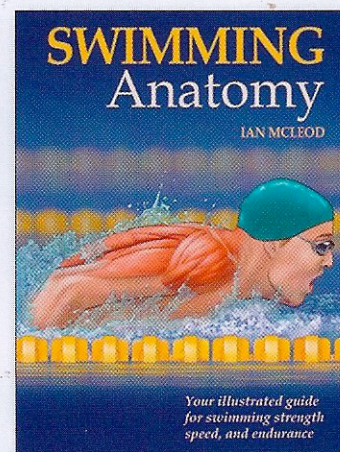
the muscles, the book explains how muscles are used in one or more of the core movements in the four swimming strokes. The book makes it easy for breast-strokers to find the triceps exercise that mimics the end of the propulsive phase of the arm pull, or which abdominal set helps backstrokers isolate the core stabilizers necessary for proper trunk rotation.

"McLeod's knowledge is immense, his diagrams are stunning, and his description of the exercises detailed and easy to understand. This is my go-to book for myself and my swimmers," says Cokie Lepinski, coach of the Marin Pirate Masters.

Picking specialized drills is made easy by highlighted pictograms, representing the four strokes and block starts, in the margins. Muscles involved in starting and turning are addressed throughout.

"I have read and own many, many books on swimming, weight training and core training," says Lepinski. "I absolutely love 'Swimming Anatomy'! It is at the 'top of the pyramid' for resources on dryland training for swimmers." <<<

>>> **Available at humankinetics.com/swimming or by calling 800-747-4457.**



Coaches' Choice: Swimming Anatomy

The buzz created by the new book, "Swimming Anatomy," by Ian McLeod is growing louder. Age-group and Masters coaches are talking about it. Masters swimmers are talking about it. The book is simple in its approach: weight training and dryland exercises that target specific

muscles and muscle groups used in swimming are shown in clear, easy-to-grasp illustrations. The drawings depict whole swimmers in simple black-and-white pen work, with the muscle or group being trained by the particular exercise in color, shaded to indicate the level of attention that muscle is receiving.

But more than just targeting