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1. Train using the principle of specificity. In a nutshell, this scientific principle of training says that if you want to improve your 50m sprint freestyle, it won't happen doing big sets of 200m swims. Conversely, if you want to do a

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Masters athletes
are sometimes
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"veterans" and the European Masters Championships, for instance, is known as "Eurovets." This and other high level events including biennial World Championships cater largely to elite-level athletes, but many masters athletes are novices to athletics and

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enjoy the camaraderie offered by masters competition at the local, National and International level.

Masters athletics -
Wikipedia

My swimming background. I have been a swimmer all of my life. I swum competitively since

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the age of 12,
began swimming
Masters in 1978. I
have been coaching
masters in 1998.
Like most masters
coaches I always
emphasized strokes
and seasonal
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periodization
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only about 1/3 of

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the “ big-man ” (> 80
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marathon, and won
numerous age-
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Premasters is normally included as well, from 18 years old or 20 years old. In Canada ten thousand swimmers in more than 250 clubs are organized within the Masters Swimming Canada organization. In the United States around sixty

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