

**We build strong kids, strong families, strong communities.**

# City of Le Mars YMCA

April 2010

## Training for your First Half Marathon

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Stretch & Strength	3m Run	2m Run or Cross	3m Run & Strength	Rest	30 min Cross	4m Run
2	Stretch & Strength	3m Run	2m Run or Cross	3m Run & Strength	Rest	30 min Cross	4m Run
3	Stretch & Strength	3.5m Run	2m Run or Cross	3.5m Run & Strength	Rest	40 min Cross	5m Run
4	Stretch & Strength	3.5m Run	2m Run or Cross	3.5m Run & Strength	Rest	40 min Cross	5m Run
5	Stretch & Strength	4m Run	2m Run or Cross	4m Run & Strength	Rest	40 min Cross	6m Run
6	Stretch & Strength	4m Run	2m Run or Cross	4m Run & Strength	Rest	Rest	5k Race
7	Stretch & Strength	4.5m Run	3m Run or Cross	4.5m Run & Strength	Rest	50 min Cross	7m Run
8	Stretch & Strength	4.5m Run	3m Run or Cross	4.5m Run & Strength	Rest	50 min Cross	8m Run
9	Stretch & Strength	5m Run	3m Run or Cross	5m Run & Strength	Rest	Rest	10k Race
10	Stretch & Strength	5m Run	3m Run or Cross	5m Run & Strength	Rest	60 min Cross	9m Run
11	Stretch & Strength	5m Run	3m Run or Cross	5m Run & Strength	Rest	60 min Cross	10m Run
12	Stretch & Strength	4m Run	3m Run or Cross	2m Run & Strength	Rest	Rest	Half Marathon



## News from the Le Mars Indoor Pool

### Le Mars Stingrays Send Two Swimmers to State

The 2010 State Swim Meet was held in Marshalltown, IA on March 5th and 6th. The Marshalltown YMCA hosted the event, both swimmers and spectators enjoyed the YMCA's 8 lane lap pool surrounded by seating for 1,700 spectators. Cheering was not limited to the pool, with help from two underwater cameras and 3 above water cameras the meet was streaming live online for spectators far and wide to watch.

1,128 swimmers competed this year. At this year's state meet an incredible 22 state records were broken out of the 104 events.

**Karter Ewing** finished the 50 yard backstroke 16 out of 19 with a time of 32.86 seconds. He also competed in the 100 yard backstroke with a time of 1:16:26, finishing 19 out of 24 swimmers.

Karter's older sister, **Katelyn Ewing**, also competed at the state swim meet in two events. She finished her first event, the 50 yard freestyle, in 28:30 seconds, placing 28 out of 36. She also swam the 500 yard freestyle, a distance race, with a time of 6:45:88.

### Swimming Tips for Triathlons

**Swim Workouts** - As a beginner swimmer you will probably find the greatest results from swimming 3 or 4 times per week for a shorter duration instead of swimming a couple longer sessions. Shorter sessions will allow you to maintain your form throughout the workout rather than allowing fatigue to ruin your swim technique.

Source:  
[www.beginnertriathlete.com](http://www.beginnertriathlete.com)

**Stroke Count** - Be as efficient as you can by reducing your stroke count. By counting strokes for each length of practice, you can be cognizant of your rotation and reach.

Source: *SUX Tri Club*

**Body Position** - Push the chest deeper into the water. This will keep the hips higher.

Source: *SUX Tri Club*

**Kick Under Water** - Your toes should always stay under water. Kicking air wastes energy. Staying underwater gives propulsion on both sides of the kick.

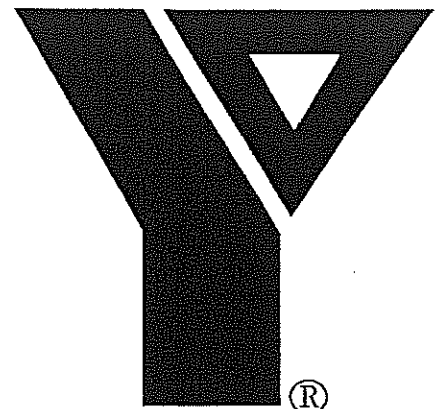
Source: *SUX Tri Club*

**Tighten Up Your Kick** - There shouldn't be more than 6-8" of separation between your feet. Also keep your knees fairly straight. Power from your hips.

Source: *SUX Tri Club*

### Mark Your Calendars

Outdoor Pool Registration Begins	May 1
Hershey Track Meet	May 2
Little Sluggers T-Ball	May 8 - June 12
Youth Track	June 7 - 11
USTA Tennis Lessons, Session 1	June 7 - 17
Tumbling for Tots	June 16 - July 21
Youth Danceline & Cheer	June 16 - July 21
3-on-3 Basketball Tournament	June 18
USTA Tennis Lessons, Session 2	June 21 - July 1
Soccer Camp	June 21 - 25
Apple Tree Camp, Session 1	June 21 - July 2
Le Mars Sprint Triathlon	September 11



## Swing Into Little Sluggers T-Ball (4-7 Year Olds)

This program is for 4-7 year olds wishing to learn and understand the game of baseball. Emphasis will be on throwing, catching, fielding, hitting and teamwork.

**Location:** Bolser Park

**Duration:** May 8 - June 12 (not held on May 29)

**Day:** Saturdays

**Times:** Mornings - Early Afternoon

**Fee:** On/Before April 24      On/After April 25

**Members:** \$19.26      **Members:** \$29.96

**Non-members:** \$34.24      **Non-members:** \$44.94

## Hershey Track Meet (9-14 Year Olds)

Events include 50, 100, 200 & 400 meter dash; 800 & 1600 meter run; and 4 x 100 meter relay. Field events include softball throw & standing long jump. Winning times & distances will qualify for the state meet.

**Location:** Le Mars Community Track

**Date & Time:** Sunday, May 2 at 1:00pm

**Rain Date:** Sunday, May 16 at 1:00pm

**Deadline:** No registrations will be taken after April 21.

**Fee:** \$5.00

## Triathlon Training Tips

**Tip 1 -** Always run after you bike even if it is only for a mile. This will teach the muscles in your legs to switch from biking to running and we all know that the more you do something the better your body becomes at adapting to it. If you want your run to be easier on race day make sure you take the time to run after you bike.

*Source: SUX Tri Club*

**Tip 2 -** Always leave a minimum of 1 to 2 days of no training each week. Rest days will help prevent injuries. Your body will thank you.

*Source: www.beginnertriathlete.com*

**Tip 3 -** Strength training is very important and most often overlooked for triathlon training. Strength train 2 times per week to keep your bones, tendons and joints strong.

*Source: www.beginnertriathlete.com*

*It takes more courage to start  
than it does to finish.*

*John Bingham*

## Area Races

### Siouxperman Triathlon

Saturday, May 1 @ Sioux Center, IA  
Sprint Triathlon

[www.siouxperman.com](http://www.siouxperman.com)

### Komen Race for the Cure

Sunday, May 9 @ Sioux City, IA  
5k, 1 mile

[www.komensiouxland.org](http://www.komensiouxland.org)

### Joan Wilson Memorial 5k Run/Walk

Saturday, April 24 @ Le Mars, IA  
5k Run/Walk

[www.joanwilsonmemorial5k.com](http://www.joanwilsonmemorial5k.com)

### Council Bluffs Half Marathon

Sunday, May 23 @ Council Bluffs, IA  
1 mile, 5k, 1/2 marathon

[www.councilbluffshalfmarathon.com](http://www.councilbluffshalfmarathon.com)

### Catch the Clover

Saturday, May 29 @ Sioux Center, IA  
5k, 10k, fun walk

[www.extension.iastate.edu/sioux/info/4hclovercloverrace.htm](http://www.extension.iastate.edu/sioux/info/4hclovercloverrace.htm)

### River Rat-Run & Bike Events

Saturday, April 24 @ Yankton, SD

5k, 1/2 marathon, marathon, 26.2 mile relay team, 26.2 military light, Bicycle Cyclo-Cross (approximately 22 miles)

[www.riverratmarathon.com](http://www.riverratmarathon.com)