

Swimming with US Masters

MSV's Michael Daly did not let his overseas travels stop him from training whilst in America. During his time in New York, Michael swam with the Red Tide Masters. Below is his story of what happens in a US Masters Club.

"I was in the US for 2 weeks in May including a few days in New York. It's very difficult to find a decent pool, especially in NYC. I get tired of 10 metre hotel pools very quickly – and not many New York hotels have even that.

The previous year I swam with the Red Tide Masters group who were very welcoming. They have sessions every day in a few different pools in the city. I flew in on Saturday night and at 8am on Sunday I turned up for a session at Baruch College pool as part of my jet lag recovery plan.

A few things were different to Powerpoints' sessions. First of all, they swim counter clockwise which played havoc with tumble turns. To avoid head butting the person behind me, I only ever tried them if I was the last in the lane and came close to ending up in the next lane a few times at first. The second obvious thing was the amount of kicking they did. If you like to kick, this is the club for you. We did about 1.5km of kick in the first session I joined and at least 1km in each of the other sessions - all fins-free. All the training certainly paid off for them. I thought I was a reasonable kicker by the demanding standards of the lifestyle lane but equivalent swimmers in Red Tide left me for dead. The session went for 2 hours with the faster lanes doing 6 km – I didn't survive that long but it was a great way to stretch out those stiff muscles after a long flight.

The following weekend I was back in New York and joined them for 2 more sessions. I highly recommend finding a local group to swim with when travelling – it's so much better than battling it out in a public pool (if you can find one). And you get pushed along by the group, do drills you wouldn't normally do and get to meet new people.



Pictured: A Red Tide NYC member on Training Camp