

## VORGEE MILLION METRES MILESTONE STUDLEY MARTIN – ONE MILLION METRES

New to the swimming world, Studley Martin joined MSQ's Noosa Masters in October 2012. With a background in cricket, Studley dived into swimming by recording his swimming journey through the Vorgee Million Metres program. With just over two years of swimming, Studley reached the One Million Metres milestone in December 2014.

Thrilled with his accomplishment, Studley described reaching One Million Metres as a commitment to swimming; training on cold winters mornings or nights; not overworking, but pushing yourself as much as you can comfortably go.

Studley's previous background in sports, including cricket have taught him that to succeed you have to train well. Following this lesson, Studley attends at least three squads a week, including one fitness session and two sessions with Noosa. Like many in the MSA community, Studley has found attending squad training to be better than training alone, where you can become bored.

Helping Studley to reach his goal was the coaching team at Noosa Masters, including head coach Jan Croft. "No Noosa training session is the same, so you don't get disinterested," said Studley. "You meet nice people, get fit and work on your technique. That to me is a quality session."

Following his One Million Metres Milestone, Studley intends to continue his swimming journey and hopefully reach the Two Million Metres Milestone in roughly two years. "By that time hopefully my two weakest strokes, backstroke and butterfly, will have improved," Studley hoped.

Outside of the Vorgee Million Metres program, Studley also participates in the Vorgee Endurance 1000 program, which he also intends to continue along with attending MSQ/MSA swim meets. In the world of competitive Masters Swimming, Studley's swim meet highlight to date was attending the recent 2014 Pan Pacific Masters Games on the Gold Coast with Noosa, including the Open Water Swimming.

Studley's final note on his achievement: "As a Noosa coach once said "keep swimming", I know that I will."

Congratulations Studley!



Studley Martin wearing his One Million Metres polo