



THE ENDURANCE 1000 PROGRAM

MSNT – The Darwin Stingers

Up at the Darwin Stingers Masters Swimming Club the Endurance 1000 is seen as a great chance to keep up your fitness and challenge yourself to improve times over the year.

Some members attend every week to complete the full year's worth of swims while others come when they can. It's also a great chance to catch up with members who you don't see through the week, with a cup of tea and toast put on after each session.

Endurance 1000 sessions are held at Parap Pool 8am to 10am every Sunday. Entry \$4 for pool hire; \$3 for morning tea.

MSWA – Somerset

This year, Masters Swimming WA's Somerset Seahorses have been training hard for the Endurance 1000 Program.

Dedicated Endurance 1000 training sessions are held every Saturday and every fifth Sunday. Members who are really keen are also offered a 400m or 800m swim as part of training most Sundays. The club has an Endurance 1000 Recorder who encourages members to participate and makes sure the Endurance 1000 Portal is up-to-date.

MSV – The Malvern Marlins

The Malvern Marlins Masters Swimming Club have also been training hard for the Endurance 1000 program this year!

The club hold a regular Saturday morning Endurance session, which some members supplement by extra midweek sessions. The sessions attract a small core of regular

swimmers, who not only enjoy the longer timed swims, but also enjoy the camaraderie of timing each other, and sharing a coffee and a muffin after their swims.

For something a bit different, they also hold two fundraising swims throughout the year - one to raise funds for Against Malaria and one for the Ardoch Youth Foundation. Members are encouraged to participate in a timed Endurance swim (historically 1500m but more recently 800m) in exchange for a donation (\$5) to the relevant cause.

The results are collated by their Endurance Organiser and forwarded on a monthly basis to the MSA Endurance Recorder. The program is discussed in the monthly club journal, Laptalk, and a table of swimmers and the points they have achieved is published from time to time.

