

SPMS Fitness Committee Report
Thursday May 19, 2016
Submitted by Robin Smith, Chair

-Submitted Fitness Article for the SPMS May/June Newsletter.

-Brief summary of current USMS Fitness Events/Activities below:

USMS ePostal Events:

5K/10K ePostal National Championships (50 meter pools only)

May 15, 2016 to September 15, 2016

Hosted by South Texas LMSC and Western Hills Athletic Club (WHAC Masters)

Individual and Relay options

Link to registration and more information:

https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=7129

USMS Fitness Events:

GoTheDistance (GTD)

This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no cost to enter GTD. You can register through the “My USMS” section on the USMS website.

Link for more information:

<http://www.usms.org/fitness/content/gothedistance>

USMS 2016 Check-off Challenge

Hosted by Long Beach Grunions

This is a postal event designed to motivate swimmers to complete all of the pool events and an open water swim during the calendar year.

The 2016 USMS Check-Off Challenge is hosted by the Long Beach Grunions.

Link to registration and more information:

<http://www.usms.org/fitness/content/checkoff>

USMS Fitness Tools:

Fitness Log (FLOG)

Access and Set-up your Fitness Log (FLOG) on the “My USMS” section on the USMS website.

Your FLOG allows you to track all your fitness activities in addition to swimming (i.e., walking, running, biking, weight training, yoga). Track your weekly, monthly and annual totals online.

Note: You do NOT need to participate in the GoTheDistance Event to use the FLOG.

Link for more information:

<http://www.usms.org/myusms/flog/>