

At Alexandria Masters Swimming, we strive to achieve the vision and mission set out by USMS. We have a variety of training plans and ideologies to meet the needs and personal goals of our swimmers, with the support of a fun community who enjoys spending time in the pool together. Whether you are a competitive swimmer, a lap swimmer, or just looking for great fitness, we are the team for you! Our training plans work for both our competitive swimmers training for meets and our fitness swimmers who would like a great overall workout. Practice lanes are divided by speed and ability, so there will be a place for you, no matter your speed. Please come by to try our practices and see for yourself!

For our fitness swimmers:

We strive to provide guidance, instruction, and motivation, both as a team and coaching staff. You are encouraged to talk to your on-deck coach about your personal goals with training in the pool. Every practice has a structured workout – starting with warm up and/or drills, a main set, and then a cool down. Practices can focus on all four strokes or mainly on freestyle. It does not matter if you are not comfortable with all the strokes or doing a flip turn - the on-deck coach can adjust your workout as you become more comfortable and confident in your swimming. The variety found in our training plan will help your body avoid falling into a rut – you will constantly be working your muscles in new ways! Alexandria Masters Swimming encourages you to explore the workouts that are available and challenge yourself to embrace the endless possibilities that swimming for fitness has to offer.

For our competitive swimmers:

We offer an overall training plan to meet the needs of our competitive swimmers. The plan is broken up into cycles throughout the year, with all coaches involved in the planning. Each coach has their own specific take on workouts, but they will follow the overall guidelines of the plan that was cohesively developed by our coaching staff. The training plan begins each season with general aerobic conditioning, before moving into high-end aerobic/anaerobic training, and an endurance phase. The progression of the plan peaks with a taper before our meets in April/May and August annually. Please speak with your specific coach for how to fit your individual goals into the training plan offered.

For our open water swimmers/triathletes:

Open water swimmers and triathletes can find benefits in a training plan written for competitive swimmers. Sprint, drills, and stroke sets will not only help you become a more efficient swimmer, but will also help you improve your overall pace during your long swims. Multi-stroke training supports freestyle strength and shoulder stability, in addition to giving you options for dealing with cramps, hyperventilating, and refueling scenarios during a race. In the summer months, our focus shifts to long course Nationals, which means longer swim sets. The summer pools generally provide a lower swimmer per lane ratio, allowing for time to work on stroke and sighting drills that can help you improve your next big swim. Triathletes are self-motivated athletes who bring welcome diversity to a swim team. Since triathletes and open water swimmers are usually training FOR a specific event, they help reinforce the usefulness of goal setting to their teammates.

The mission of USMS is to promote health, wellness, fitness, and competition for adults through swimming.

The idea of Masters swimming was first developed in 1968 by Dr. Ransom Arthur, a Navy neuropsychiatrist. Arthur's basic belief was that adults should swim for fitness. He recognized that competition would be necessary to motivate some, but he was not a subscriber to the belief that Masters swimming should exist only for competitive purposes.

At US Masters Swimming, we value HEALTH AND FITNESS, constantly challenging ourselves to achieve in competition and in accomplishing our own goals.

We value RESPECT for our teammates, competitors, coaches, employees, and volunteers.

We value FUN, enjoying camaraderie with our fellow swimmers and embracing swimming as a joyful and satisfying avocation.

We value LEARNING through coaching, programs, and communication.

We value EXCELLENCE in safety, education, innovation, performance, leadership, and the provision of services and programs.