

Welcome to the 3rd, issue of JSR *On-Line*

Welcome to our third on-line issue. While we continue to receive inquiries for submitting manuscripts, we need to remind our readership that the focus of JSR is competitive swimming, and allied areas of interest. Pertinent topics can range from the biomechanics and physiology of competing and training, strength training on land, and clinically-related topics that can influence performance.

Thanks to our graphic designer Santa Moreno and webmaster, Hiley Schulte, we now have immediate access to the past on-line issues.

Contributors

In this issue, we have two review articles and two manuscripts that present original research In this issue.

Ernie Maglischo, in his third contribution in as many on-line issues, sheds further insight into how we should view “Training Zones” and describes practical ways we can better fine-tune our workouts. Tim Henrich physiologist and swim coach, and colleague Greg Soukup, discuss the sobering topic of “Atrial Fibrillation and Cardiac Health”. The topic is sadly coincidental as it comes at a time when we have seen the passing away of a number of active competitive swimmers and triathletes, diagnosed with heart-related complications.

We have two excellent original manuscripts, both come from our international colleagues. Elsa Kristiansen, from Norway, reports on her research dealing with “ “Stress-related breathing problems, in swimmers”; reminding us that more than a few swimmers constantly contend with respiratory factors during their swimming careers. Amanda Miller and her co-author Keith George, from the United Kingdom, report on their research, which covers altitude training and subsequent swimming at sea levels in a manuscript titled “The effect of intermittent hypoxic exposure plus sea level swimming training on anaerobic swimming performance”.

We thank all these authors for their fine contributions, while continuing to invite similar manuscripts for publication in J.S.R.

Sponsor

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