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## MOROZOV AND SJOSTROM CROWNED CHAMPIONS OF FINA SWIMMING WORLD CUP 2018



Sweden's Sarah Sjostrom and Russia's Vladimir Morozov are the overall winners of the 2018 FINA Swimming World Cup, giving Morozov his second title (2016) after he was the runner-up last year behind South Africa's Chad Le Clos and Sjostrom a second consecutive title (2017).

Russian Olympian and World Record holder Morozov finished the 2018 circuit on a high, adding an extra four golds to his already impressive tally. He won the 50/100m freestyle (20.48, 44.95 *World Cup Record*), the 50m fly (22.17) and the 100m IM (50.31) in Singapore.

Behind him in the overall ranking, in the second position with 231 points, is fellow Russian Kirill Prigoda, while Australia's Mitch Larkin takes the third position with 222 points.

China's Xu Jiayu, second in Cluster #3 ranking with 159 points, took the three backstroke events gold medals at stake. He touched home in 22.71 in the 50m, 48.98 in the 100m and 1:48.93 in the 200m. Teammate Li Zhuhao was the fastest in the 100/200m fly in 49.64 and 1:50.96 respectively. Yan Zibei and Wang Shun were the other Chinese winners of the Singapore meet as Yan clocked 56.34 in the 100m breast and Wang respectively 1:51.84 (200m IM) and 3:59.99 (400m IM).

The 200m free victory went to USA's Blake Pieroni (1:41.15), 5th in the 2018 overall ranking, and Ilya Shymanovich (BLR) topped the 50m breast in 25.95. Australia's Mack Horton took the 400m and 1500m freestyle victories in 3:41.44 and 14:44.22.

The competition for the overall title was much tougher on the women's side as Sjostrom and Hosszu were very close until the end with their respective points. Despite the Swedish star winning the title eventually, the Hungarian Olympic and World champion took the Cluster #3 victory. She was ahead with 141 points (against 135 for Sjostrom). Hosszu earned an additional three golds in Singapore, namely: the 200/400 IM (2:04.79 and 4:24.02) and the 200m fly in 2:02.86.

Sjostrom celebrated wins in the following races: 50m free (23.21), 100m free (51.13), 50m fly (24.63), 100m IM (57.49).

Kira Toussaint, Femke Heemskerk (NED), and breaststroke queen Alia Atkinson (JAM) were double winners in Singapore as they respectively took gold in the 50m and 100m back, 200m and 800m freestyle and 50m and 100m fly for the Jamaican. Reva Foos (GER) and Yuliya Efimova (RUS) also stepped on the highest podium place in Singapore with wins in the 400m free (4:07.07) and 200m breast (2:16.05).

Despite not winning any races this weekend, Ranomi Kromowidjojo (NED) holds the third position in both the overall ranking with 255 points and Cluster #3 with 126 points.

Australia's mixed relay team crushed the two relay events in 1:31.57 (4x50m freestyle) and 1:39.69 (4x50m medley) respectively.

The two overall 2018 Series winners received a US\$ 150,000 cheque. Morozov also bags an additional US\$ 50,000 bonus for winning Cluster #3, while Katinka Hosszu of Hungary gets the last Cluster's reward (US\$ 50,000). Check out the prize money distribution [here](#).

The FINA Swimming World 2019 will kick-off in August in Tokyo, Japan ([see calendar here](#)).

You can re-watch the competition on-demand on [FINAtv](#).

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### Embracing Innovation - Aquatics in a Global World

Today's world is changing and, as technology and innovation continuously evolve, it can be difficult to keep up. It is essential, therefore, that National Federations and the wider Aquatics community are aware of the opportunities available and that they embrace innovation in their day-to-day activities.

This year's Conference programme aims to inspire the Aquatics family to progress and become even more successful, by exploring ways in which it can embrace innovation, use practical tools to reach new audiences, generate new types of revenue, and promote our sport worldwide.

The Convention will hear from a number of experts from inside Aquatics and beyond. Marketing, media, development, sponsorship, hosting and events - our experts weigh in on what it takes to succeed in each of these areas, inspiring Aquatics leaders with new ideas and new ways in which to incorporate innovation to achieve the highest returns.

**Together, we can make Aquatics stronger!**

[Check out programme](#)

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## MICHAEL ANDREW EXPLAINS HIS UNIQUE TRAINING SYSTEM

By Aimee Berg

Michael Andrew is only 19, but he has been an outlier for years. In 2013, after breaking more than 30 U.S. age-group records, he turned professional at age 14. No American swimmer had ever turned pro that young. And by doing so, he forfeited a chance to compete for an American university. Instead, Andrew continued to train at home in Kansas, in a two-lane pool, coached full-time by his father, Peter, using a highly-unconventional training method.

It's called Ultra-Short Race-Pace Training (or USRPT), which involves very low volume, all at race pace.

"You can just look at his results and see that it works," said Russian sprint star Vladimir Morozov.

## IN THE SPOTLIGHT



**Fina**  
WORLD SWIMMING  
CHAMPIONSHIPS  
(25M)

After the first four stops of the 2018 FINA World Cup, Andrew was the only man to win medals in all four strokes, plus two in the IM, yielding a total of 16 medals. He also won four U.S. national titles in July.

Recently, Michael and his parents explained why they believe in USRPT, how it works, and what Michael does with his free time since he's not slaving away endlessly racking up mileage. Three Olympic medallists also weighed in on what they think of USRPT and whether it would work for them.

### WHY USRPT?

Peter Andrew: When I saw Michael had talent, I thought, 'Now what do we do?' We can't just decide: Let's do X. There's got to be a reason. I interviewed scientists. I heard Dr. Brent Rushall speak about USRPT. It was amazing. So in 2009, [when Michael was 10] we started doing short training at race speed.

Michael Andrew: The idea is: our body codes our movements, so to code movements that are slower than race speed is counterproductive.

Peter: It's really about specificity. To train something unspecific then expect to do something specific in a race, doesn't make any sense. Right away, Michael responded. He broke national junior records in every stroke. There's no doubt it works. We've been doing that ever since.

Michael: The biggest thing in the last two years is my ownership of it. When I was little, I basically did everything that my dad told me to do. Last year, I kind of came along his side and we worked together intently. Now when I show up to race or train, it's not a chore. I'm grateful for the pain that comes from training. I think that's why I've been doing so well this past year.

[...]

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#### Fédération Internationale de Natation (FINA)

The Fédération Internationale de Natation, FINA (founded in 1908) is the governing body for aquatics worldwide. Its five disciplines - Swimming, Open Water Swimming, Diving, Water Polo and Synchronised Swimming - are all included in the Olympic programme. High Diving is on the World Championships programme since 2013. FINA organises World Championships, World Swimming Championships in 25m-pool and World Masters Championships every two years. FINA counts 209 affiliated National Federations on the five continents and has its headquarters in Lausanne (SUI).

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