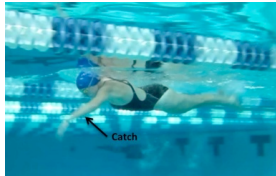




Glossary of common drills and terms



Recovery: the part of your stroke when your arm is out of the water



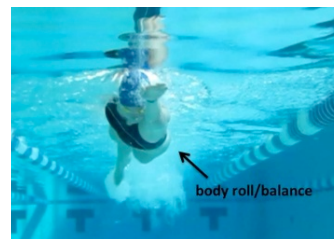
Catch: the front part of your underwater stroke when your hand and forearm are catching the water



Early Vertical Forearm/High Elbow Pull: Reducing drag by starting the catch early by keeping the elbow high during the catch/pull phase.

Kicking: on back with arms in streamline or on sides in balance position (see picture below) concentrating on kicking from the hip NOT THE KNEES with toes pointed

6-Kick switch: start stroke on side with bottom arm in forward position and the top arm resting on the hip face down, after 6 kicks bring top arm through recovery and switch to opposite side taking a breath and then bringing head into face down position



Hip Catch-up: one hand remains in the forward position until the other hand takes a stroke, once that hand completes a stroke and reaches the forward position it *catches up* and the next hand will complete a stroke. Swimmer remains on opposite hip until hand “catches up”.

Finger-tip drag: with high elbows, drag fingertips across the water on the recovery

DPS: distance per stroke: swimming a given length in as few strokes as possible

Single arm: swim with one arm in front, or at your side, concentrating on a full stroke of the working arm



COMMON ABBREVIATIONS

FR: Freestyle stroke

BR: Breaststroke

BK: Backstroke

Fly: Butterfly

IM: Individual Medley (Fly, Bk, Br, Fr in order)

IMO: IM Order – swim the reps in the order above

RIMO: Reverse IM Order

Ch: Choice (whatever stroke you'd like)

Dr: Drill

EZ: Easy

w/up: Warm-up

c/d: Cool-down

:20R: Rest interval of :20

CSS: Critical Swim Speed (1500 race pace)

Pull: Swim using a buoy

K: Kick

K/Fins: Kick with Fins

Hyp (5): Hypoxic (number of strokes between breaths)

Bld: Build – getting progressively faster

PP: Pull + paddles

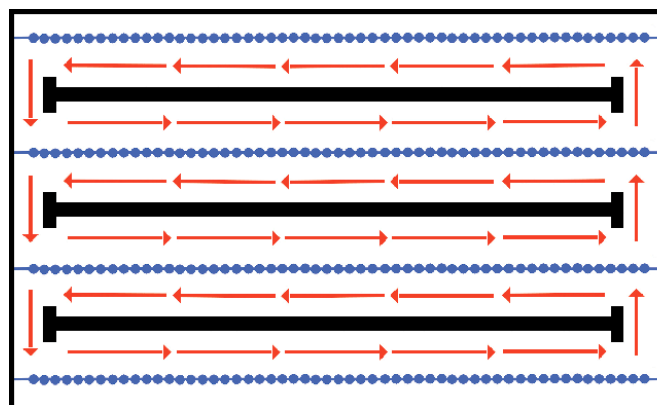
N/S: Negative Split – swim the second half of the distance faster than the first

Or Desc: Descending - swimming each rep increasingly faster (sometimes indicated by a down arrow)

Or Asc: Ascending - swim each rep increasingly easier (sometimes indicated by an up arrow)

RT/LT –Right arm only/Left arm only.

RT/LTx25 – 25 Right arm only, 25 Left arm only



Circle swim Diagram: Swimmers swim on right side of black line with lane line on right side.





HOW TO READ A PRACTICE:

The entire swim workout is comprised of sets. A coach will start everyone off with a warm-up and then typically a drill set followed by perhaps another pre-set with some descending 50's to get the swimmers ready for the main set. After the main set, it is pretty common to go right into the cool-down, but you never know what kind of mood your coach will be in. You may find yourself having a kick set thrown your way before it is all over.

HOW TO READ A SET

Example #1.

2x (4x50 FR @ :45 - 50 choice ez :15 R)

OR

2x

4x50 FR @ :45

50 ez @:15 R

These two sets are the same and show that there are a few ways to write one set. This set reads as two sets of 4x50 with 50 swim choice in between the two sets.

The set is on a send-off time “@:45”, which means that if the 50 took you 38 seconds, you then have 7 seconds of rest left before you have to go again.

Often, due to differing abilities you will see multiple sendoffs or intervals. Each lane or group of lanes will be going on a different send-off. So the set above may look like this:

2x (4x50 FR @:45/:55/:60 – 50 ch ez @ :15R)

OR

2x

4x50 Fr @ :45/:55/:60

50 Ch Ez @ :15R

The coach will explain which interval you or your lane will be using, either the 1st, 2nd or 3rd. If your lane is using the 2nd set of sendoffs, you will be doing your 50's on a :55 interval while another land will using the :45 and another the :60. Sometimes it will be left up to you and/or your lane to decide which interval you would like to use depending on how you are feeling that day.



Example #2.

4x100 desc x 25s @ 1:50 / 2:00

This set means that you will descend each 100 – swimming each length faster than the one before it. The send-off time is every 1:50 or 2:00 depending on your lane.

If the coach wanted you to descend by 100s then each 100 would get faster than the one before and the set would look like this:

4x100 desc @1:50/2:00

Example #3.

400 Ch (50K, 50Dr)

This is a typical warm-up or recovery set. This set requires you to alternate kicking for 50m and drilling for 50 until you've completed 400. There is no interval so time is not an issue. If there is no drill specifically given to you then you are free to choose whichever drill you would like.

MASTERS PRACTICE ETIQUETTE

- Get in at the beginning of the practice and get a good warm-up before the first set is given.
- Listen to the coach while the set is being given, and clarify any misunderstandings with the coach, not with other swimmers, if you are confused.
- Learn the names of the swimmers in your lane.
- Learn to read the pace clock (know both your time and the interval).
- Stay on the interval and help others stay on the interval. Do not leave late.
- Count your laps and stop at the appropriate number.
- Don't change the interval without conferring with lane-mates.
- The slowest person in the lane should be able to make the interval with some rest.
- Get the correct order in your lane-- fastest to slowest.
- Don't sit on the feet of the person in front of you. Go ahead of them or leave further apart.
- Leave at least :05 apart, but always in increments of :05 (:10, :15, :20)
- Stay to the right side of the lane.
- Turn at the wall in the middle of the lane (like the shape of the tip of a giant football).
- If you're about to get lapped, stop at the next wall and let others pass you.
- Be aware of where others are in the lane. Anticipate when they'll catch you and pull over.
- Don't push off right in front of someone about to turn if they are faster.
- Finish swims to the wall and move to the left to allow others to finish to the wall.
- If unable to do a particular skill, do a drill or swim that is about the same speed.
- Brush your teeth, or rinse with mouthwash before practice.

