

## Swimming vocabulary

**Interval** - The amount of time you have to complete a certain distance including rest time. For example if the set is 4 x 25s on a 1:00 min interval, I can swim the 25 in :15 seconds and have :45 seconds of rest before I start the next 25.

**Time cap** - Time limit of the whole set. If the time cap is 11 minutes, from the moment you start the set to the moment you finish it, it needs to be less than 11 minutes.

**Easy** - Doing something easy means slow. In a pace that is easy for me to do.

**Sprint** - Doing something in a pace of the maximum speed I can master.

**Choice** - The stroke, kick, pull or drill of your choosing.

**Drill** - An exercise that is designed to be swam focusing on improving something of my swimming technique.

**I.M.** - Individual medley. Meaning the four strokes, Butterfly, backstroke, breaststroke, freestyle in that order. If there is a 100 I.M. I would do 25 butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle.

**Free/Kick** - Half of the distance freestyle and the other half just kick.

**Free** - Freestyle

**Back** - Backstroke

**Breast** - Breaststroke

**Fly** - Butterfly

**Warm up** - Initial movements to warm up the body and get the blood flowing.

**Warm Down** - Final movements to bring the heart rate back to normal in a steady pace.

**Increasing speed or Descend** - Increasing the speed on each distance. So if there is a 4 x 25s Increasing 1- 4 it means that the first 25 will be slow, the second will be a little faster, the 3rd will be faster and the 4th will be the fastest.

**Build** - Increase your speed within each length. so if is 200 descend, the first 50 is slow next 50 faster and so on.

**A1** – is an effort between 50% - 60%

**A2** – is an effort between 60% - 75%

**A3** – is an effort between 75% - 85%

**A4** – is an effort between 85% - 95%

**Sprint or All out** – is an effort between 100% – 110% :D

**Best stroke** – the stroke you think you have the best technique and where you feel fast.

**Double turns** – You start in the middle of the pool and finish in the middle. So if it is a 50 you start at the middle of the pool you do 2 turns.

**Choice** – you can choose, paddles, pullbouy, kick, drills or any stroke.

**Perfect stroke** – try to do the best technique possible while swimming, it can be slow or a moderate speed.

**UW** – kicking underwater as far as possible, without pushing yourself too much.

**Pull** – No kick, only swimming with your arms. Better using a pullbouy

**@30 sec** – rest 30 seconds in between, so if it says @40 sec you rest 40 seconds

**Breath every 3** – The breathing is every 3 strokes, if it says breathing every 5 then you breath every 5 strokes.

**DPS – Distance per stroke** – Try to focus on each stroke doing them long and with good technique. The greater your distance per stroke, the more efficient you are moving through the water, which ultimately makes for faster swimming. The greater your distance per stroke, the more efficient you are moving through the water, which ultimately makes for faster swimming.