

Swimming vocabulary

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

Choice - The stroke or drill of your choosing.

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.

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.

Build - Increase speed gradually.

Example:

50 freestyle build, will be increasing your speed in the 50 free so you will start slow the first 12.5 then faster until a sprint on the last meters/yards.

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

Descend or Increasing speed - Increasing the speed on each. 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.

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 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.

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.

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

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

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

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

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.

Free - Freestyle

Back - Backstroke

Breast - Breaststroke

Fly - Butterfly