



## Decoding a Swim Workout

Swim set descriptions are usually fairly clear. Sometimes, however, as in the world of academics, where it often seems the professor is either trying to confuse his or her students more or just impress them with his grasp of the English language, the swim coach can get carried away as well.

The bottom line is that we are just describing a workout. Sure, it can be creative, but it should make sense and be simple enough for people to remember.

For example:

2x (4x50m FR 1-4 on :45 / :55 / 50 choice ez :15 RI)

OR

2x 4x50FR 1-4 on :45 / :55  
50 ez :15 RI

These two sets are identical and show that there are a few ways to write the same thing. This set reads as two sets of 4x50m with 50m swim choice in between. There will always be a few monster sets with brackets within brackets, and then you will have to rely on your old college math and physics classes to help you make sense of them.

There is also a send-off time. That's the part that reads "on :45 and :55", which means that if the 50m took you 38 seconds, you then have seven seconds of rest left before you have to go again. In the case of the 45-second send-off and 17 seconds of rest if you go on the 55-second send-off. For 100m sets you will have send-offs of 1:15, 1:20, 1:30, and so on.

The entire swim workout is comprised of sets. Usually the coach will start everyone off with a warm-up, and then maybe a little drill set followed by perhaps another little 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.

### Stroke Abbreviations

- FR = Freestyle
- FLY = Butterfly
- BC or BK = Backstroke
- BR = Breaststroke
- IM = Individual Medley
- FRIM = Freestyle IM
- K = Kick
- P = Pull
- CH = Choice

### Training Terms

- No.1 Stroke – Your best swimming stroke
- Form stroke – Your best swimming stroke out of backstroke, breaststroke or butterfly
- Build – Swimming faster by the end of the set or repetition
- Best Average – Swimming as fast as possible maintaining the same speed on every repetition within a set
- Descend – Swimming faster by time over the duration of a set or repetition
- Ascend – Swimming slower by time over the duration of a set or repetition



- Negative Split – Swimming faster on the second half of an individual repetition
- Aerobic Training – Swimming moderate over a long period of time
- Anaerobic Training – High intensity swimming that produces lactic acid
- AFAP is when the coach wants you to swim the interval As Fast As Possible

### Technique Terms

- STREAMLINE – Fundamental body position in swimming
- DPS – Distance Per Stroke
- Stroke Count – number of strokes you take in one length of the pool
- Split – one segment of time for a distance in a repetition
- Bilateral Breathing – swimming freestyle breathing on both right and left sides
- Flip Turn – physically doing a somersault at the wall to change direction (Freestyle and Backstroke only)
- Open Turn – used to change direction at the wall for Breaststroke and Butterfly after touching with two hands
- EZ = Easy