

GLOSSARY OF TERMS AND ABBREVIATIONS

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2x{: If a set opens with 2x and a parenthesis do everything in the parenthesis in full twice.

A-B pattern: Three on A, two on B , two on A and three on B. Example:

10x50 on A-B Pattern where B is 5 seconds faster on best possible interval

3 x50 on: 45

2x50 on: 40

2x50 on: 45

3x50 on: 40

Alt. A IM: Alternative A is a variation of IM when the distance does not fit evenly. The most common use is a 150 IM where the swim breaks down into 25 fly, 50 back, 50 breast, 25 free

Base: Your aerobic threshold base interval. Don't know your base interval see the threshold test set process to determine your base interval

Base +: Add the number of seconds to your base intervals. Add the seconds per 100 yards.

D or d: Drill

Descend: Get faster with each repeated distance.

Double long: During IM sets double up the long axis strokes (back/free). So a 150 IM double long would be 25 fly, 50 back, 25 breast, 50 free

Double short: During IM sets double up the short axis strokes (fly/breast). So a 150 IM double short would be 50 fly, 25 back, 50 breast, 25 free

Drill: A specific portion of a stroke intended to work on improving mechanics.

Drill A/Drill B: Alternate between two different drills

EOOF: Every other one fast, which implies that the other ones are EZ

EZ or Easy. EZ sets are rarely given a time. Relax for a 50, reset and then ramp up for the next set.

IM: Individual medley, fly, back, breast, and anything besides the first three strokes, most commonly freestyle

IMO: Individual medley order. Example; 4x 100 IMs would be doing a full IM with each repeat, in IMO you would do 100 yards of each stroke, 100 fly, 100 back, 100 breast, 100 free

Interval: the tie to swim 100 yards (or meters) and rest.

K or k: Kick

K w/fins or Kick w/fins: kick with fins

Ladder: A set where the distances step up and then down even increments; example- (25,50,75,100,75,50,25)

Long Axis Stroke: Strokes that rotate around the hips axis (butterfly and breaststroke)

Mixed base: An interval suitable for doing mixed speed sets. Usually based on your IM base.

Mixed stroke: Choose any stroke and you may change stroke with each repeat

P or p: Pull. Pull, unless otherwise specified is done with paddles and pull buoys.

RI: Rest Interval, the amount of rest before beginning the next swim

Rolling IM: This is an IM set where the start stroke rotates through each stroke. A rolling IM set would have the first IM start with fly, the second back, the third breast and the fourth freestyle. A rolling IM set can be modified to exclude a specific stroke, most typically freestyle.

Rounds: Repeating the same set multiple times, sometimes a variation applied to each new round.

S or s: Swim

Short Axis stroke: Strokes that rotate around the hips axis (freestyle and backstroke)

Smooth: Not a complete easy, but a smooth swim is slower and relaxed.

Stroke: Fly, back, breast, or if appropriate IM.

Stroke base: Like your freestyle base (*see base) this is the interval you will do stroke sets on.

w/: With item that follows the slash example; (w/fins, means where your fins)