

WORKOUT TERMINOLOGY

R	<ul style="list-style-type: none"> rest interval (in seconds)
DESCEND	<ul style="list-style-type: none"> descend times on each repetition (e.g., times for a set of 4 x 100 might look like this: 1:30, 1:28, 1:27, 1:25)
BREATHE	<ul style="list-style-type: none"> breathing patterns are often suggested on pull sets (e.g., breathe 3/5 means breathe every 3rd stroke on the 1st length, breathe every 5th stroke on the 2nd length)
PULL	<ul style="list-style-type: none"> arms only, place pullbuoy between legs, just above knees
KICK	<ul style="list-style-type: none"> legs only, with kickboard or without
RT	<ul style="list-style-type: none"> right arm
LT	<ul style="list-style-type: none"> left arm
DPS	<ul style="list-style-type: none"> maximum distance per arm-stroke
BUILD	<ul style="list-style-type: none"> slowly build speed
NEGATIVE SPLIT	<ul style="list-style-type: none"> 2nd half of swim is faster than 1st half
DRILL/SWIM	<ul style="list-style-type: none"> 1st length drill, 2nd length swim
EASY/FAST	<ul style="list-style-type: none"> 1st length easy pace, 2nd length fast pace
FAST/EASY	<ul style="list-style-type: none"> 1st length fast pace, 2nd length easy pace
KICK/SWIM	<ul style="list-style-type: none"> 1st length kick, 2nd length swim
SCULL/SWIM	<ul style="list-style-type: none"> 1st length scull, 2nd length swim
STROKE	<ul style="list-style-type: none"> any stroke but freestyle
FLOAT	<ul style="list-style-type: none"> float on back or front in streamlined-position
5TH STROKE	<ul style="list-style-type: none"> underwater dolphin kicking in a streamlined-position