

## Rogue Training Jargon

<b>Streamlining</b>	<ul style="list-style-type: none"> <li>• <b>Tight line from finger-tips to toes</b></li> </ul>
<b>Training rules</b>	<ul style="list-style-type: none"> <li>• Lane order is fastest to slowest</li> <li>• If you choose to lead the lane for a set, lead the lane for the set (don't "bail out" when you get tired)</li> <li>• <b>Clear the target</b></li> <li>• 5-10 seconds between swimmers</li> <li>• <b>Yield</b> to faster swimmer (at end of pool, not in the middle)</li> </ul>
<b>Hand position</b>	<ul style="list-style-type: none"> <li>• <i>Big</i> hands; firm wrists and forearms (like oars)</li> </ul>
<b>DPS</b>	<ul style="list-style-type: none"> <li>• <b>Maximum distance per arm-stroke</b>; know your stroke count (# of strokes per length); fastest swimmers take fewest strokes!</li> </ul>
<b>Red zone</b>	<ul style="list-style-type: none"> <li>• Flags-to-wall of finish area; <b>never breathe in the red zone</b> (free and fly)</li> </ul>
<b>Finish to the wall</b>	<ul style="list-style-type: none"> <li>• <b>Always finish to the wall!</b></li> </ul>
<b>Negative split</b>	<ul style="list-style-type: none"> <li>• 2nd half of swim is faster than 1st half; know your times</li> </ul>
<b>Heart rate</b>	<ul style="list-style-type: none"> <li>• Take pulse for 6 seconds, add a "0" to get heart rate (e.g., 12 beats for 6 seconds = 120 beats per minute)</li> </ul>
<b>Descend times</b>	<ul style="list-style-type: none"> <li>• Repeat times get faster; know your times (e.g., 1:30, 1:28, 1:26...)</li> </ul>
<b>European lane direction</b>	<ul style="list-style-type: none"> <li>• Clockwise direction in lane (swim down the left side)</li> </ul>
<b>Stroke</b>	<ul style="list-style-type: none"> <li>• Swim any stroke except freestyle</li> </ul>
<b>Fly</b>	<ul style="list-style-type: none"> <li>• <b>Never breathe on the 1st stroke</b>; breathe every other stroke</li> </ul>
<b>Freestyle</b>	<ul style="list-style-type: none"> <li>• <b>Never breathe on the 1st stroke</b>; breathe every 3<sup>rd</sup> stroke</li> </ul>
<b>1st arm-pull</b>	<ul style="list-style-type: none"> <li>• After flip turn, "1st arm-pull" is with arm <b>closest to bottom</b> of pool (you may need to switch which hand goes on top)</li> </ul>
<b>Float</b>	<ul style="list-style-type: none"> <li>• Float in streamlined position on your back (the tighter the streamline, the more horizontal the float)</li> </ul>