



## Key Swimming Terms

Abbreviation	Long Hand	Common Example	Meaning
Fly	Butterfly	4 x 50m fly	4 x 50m Butterfly
Bk/Bc	Backstroke	4 x 50m Bk	4 x50m Backstroke
Brst	Breaststroke	4 x 50m Brst	4 x 50m Breaststroke
Fc	Frontcrawl	4 x 50m Fc	4 x 50m Frontcrawl
Ch	Choice	4 x 50m ch	4 x 50m your choice of stroke
Form	Best stroke not frontcrawl	4 x 50m Form	4 x 50m your best stroke that is not frontcrawl
No.1	Your best stroke	4 x 50m No.1	4 x 50m your best stroke, it can be front crawl
IM	Fly, Back, Brst, Fc In that order	200m IM	200m where you do two lengths of every stroke, 2 Fly, 2 Bk, 2 Brst, 2 Fc, in that order
IMO	IM Order	4 x 50m IMO	4 x 50m where the first 50m is butterfly, the second is backstroke, third is breaststroke, last is frontcrawl

FrIM	Frontcrawl IM	2 x 100m FrIM	2 x 100m where its IM (Fly, Bk, Brst, Fc) but instead of doing butterfly you swim fc. So the order for FrIM is Fc, Bk, Brst, Fc
Rolling IM	IM with the first stroke switching each time	4 x 75m Rolling IM	First 75 is fly, bk, brst, second 75 is bk, brst, free, third is brst, free, fly, fourth is free, fly, bk
K/P/S	Kick/Pull/Swim	4 x 75m k/p/s	4 x 75m where each 75 is spilt up as 25m kick, 25m pull, 25m swim without stopping until the end of the 75m
Alt	Alternating	4 x 50m alt swim/drill	<p>4 x 50m where the first length is swim and the second length is drill then the third is swim and the fourth is drill</p> <p>OR</p> <p>4 x 50m where the first 50 is swim and the second 50 is drill then the third is swim and the fourth is drill</p> <p>Ask the coach which it is if they forget to say</p>
U/W	Underwaters	4 x 25m u/w	So you will be aiming to do the whole length underwater, if you need to breathe come to the surface breathe and then go back down and continue your underwaters
F.A.D	From A Dive	4 x 25m F.A.D	4 x 25m starting from a dive. These will likely be sprints. If you end at the shallow end then you will need to walk back around to the deep end so you can dive off the blocks.
MAX	As fast as you possibly can	2 x 25m MAX	2 x 25m giving 100% effort, trying to go as fast as you can
Sprint	Very fast	4 x 50m Sprint	This should be very close to your 100% effort
Speed play	Random 10m bursts of speed throughout the lengths	4 x 50m Speedplay	4 x 50m where you will do one 10m burst of speed at your choice of point in each length

Open Close	First 10-15m fast Last 10-15m fast	10x 50m odds open evens close	10 x 50s where the odd numbered 50s (1, 3, 5, 7, 9) are the first 10-15m fast, and the even numbered 50s (2, 4, 6, 8, 10) are the last 10-15m fast
Build	Getting faster throughout	2 x 100m build	Start the 100m swimming easy, then by the next length you should be a little bit faster, and then faster on the third length, the final length should end with you going as fast as you can. So effort levels per length should be 25%, 50%, 75%, then 100%
Easy	Slow	200m easy	200m going slow and controlled, often to try and let you recover for a hard session
Swim Down	Really slow	200 Swim Down	200m very slow and easy, recommended to do a variety of strokes, to let your body stretch and relax the muscles it had just worked
@	Going off (time)	4 x 50m @60  4 x 50m @R10	4 x 50m where you start the next 50 a minute (60 seconds) after you started the previous. This will mean that if you swim faster you get more rest  4 x 50m where you start the next 50 ten seconds after you touch the wall. So you get 10 seconds rest (R10)