

Workout Terminology & Definitions

66 m:

Means swimming a straight 66 meters (two lengths at Freyberg pool) in a row without stopping between both lengths

Set:

One group of repetitions of an exercise

Interval:

Time to complete a swim of a certain distance. Rest time is included in the interval and varies in duration depending on the specific aims of the set.

E.g. In a set of 6 x 33 m on 1'00, each 33 m is an interval within the set. This means that you have 1 minute to complete 33 m before you begin the next one.

R: 10":

Means 10 seconds of rest (usually between intervals)

on 1'00 (or sometime: @ 1'00):

Start every interval after 1 minute has passed since the start of the previous interval.

E.g. If you were swimming 33 m intervals and completing each interval in 50 seconds (50"), you would have 10 seconds (10") rest before the next interval

Streamline kick:

Kicking without a kick board and with arms extended overhead

Swim:

Swimming the full stroke using legs and arms

Stroke:

Any stroke that is NOT Freestyle

I.M.:

Short for Individual Medley. This refers to the 4 swimming strokes in order: Butterfly, Backstroke, Breaststroke, Freestyle.

D.P.S.:

Short for Distance Per Stroke. Main focus is covering more distance per stroke in the same distance or time

Drill:

Unless a specific drill is mentioned in the workout, you may choose the drill that you like.

A "drill" refers to anything that emphasizes one aspect of the stroke to help improving your technique.

E.g. single-arm drill, fingertips drag drill, doggy paddles, etc.

Pull:

Using a pull buoy between your legs at the top of your thighs and only using arms

Paddles are optional and should be used only with a correct swim stroke and when you have built sufficient strength.

Hypoxic:

To help building lung capacity and becoming more comfortable in the water by changing and challenging your regular breathing pattern.

E.g. **300 m Hypoxic 3/5/7**. This means swimming a straight 300 m Freestyle. On the first length, breathe every 3rd stroke, on the second length, breathe every 5th stroke and on the third length, breathe every 7th stroke. Repeat this pattern until the 300 m is completed.

Descend:

Each consecutive swim gets faster. Your swim time decreases.

Examples:

4 x 66 descend 1 - 4 means that #1 is easy, #2 is faster, #3 is faster still, #4 is fastest.

8 x 66 descend every 1 - 4, 5 - 8 means that #1 & 5 are easy, #2 & 6 is faster, #3 & 7 is faster still, #4 & 8 is fastest.

Negative Split:

This means to do the second half of the swim faster than the first half.

E.g. **4 x 200 negative split** means you will swim the first 100 easy or steady and then the second 100 faster than the first. Try to maintain the same pace during each half. The goal is to work on finishing the intervals faster.

Build:

This term refers to a steady increase in effort during the given distance.

E.g. **4 x 66 build** means starting each 66 m easy pace then building your effort to medium pace near the middle and finally increasing to fast pace as you approach the end of the 66 m.

CSS:

Critical Swim Speed (CSS), also commonly called "Lactate Threshold Speed" is the maximum speed that can be maintained without reaching Vo2 Max (maximum amount of oxygen that can be taken up, transported and utilised by the body per minute). It is also a good indicator of your 800 m. race pace and even your 1500 m. race pace (according to your fitness level).

As well as being a good indication of your current level of endurance (aerobic capacity), CSS is a useful measure to define exercise intensities.

Therefore, CSS is an easy way to set interval times, develop pace awareness and adjust intensities for swim sets.

The CSS test involves two time trial swims: a 400 m. and a 200 m.

Link for the CSS calculator: <http://www.swimsmooth.com/improve/intermediate/swim-smooth-css-calculator>

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