

STROUD MASTERS SWIMMING CLUB



Glossary of Terms:

Listed below are some of the more common terms and acronyms used by our coaches when writing sets on the whiteboard:

- **Bk/bk or back-to-back**; A series of medleys swum with alternate medleys reversed, e.g. fly, backstroke, breaststroke, front crawl, followed by front crawl, breaststroke, backstroke, fly.
- **Bilateral breathing**; Alternately breathing to either side on front crawl, i.e. (usually) breathing every 3 strokes
- **BK/BC**; Backstroke/ Back crawl
- **BS/Brst**; Breaststroke
- **Catch-up**; swimming a modified front crawl so that the recovered arm is held in the glide position until the other, recovering arm 'catches up'
- **Choice**. Stroke of your choice.
- **Critical Swim Speed or CSS**. Your 400m race time added to your 200m race time divided by 6 (gives CSS/100m). E.g. 400m swim time ('6mins, 30 secs) + 200m swim time mins (3mins) / 6 = CSS of 95secs/100m.
- **Drill**; Part of, or a modification of, a stroke; swum to focus on a particular aspect of that stroke. Kick, pull, catch-up and 1-count are all examples of drills
- **FC/FS**; Front Crawl / Freestyle
- **Fins**: Propulsion aid for feet.
- **Fly**; Butterfly
- **Freestyle**. See Choice
- **Golf**. Adding the number of strokes to swim a set distance (usually 1 length) and adding this to the time taken in seconds. The sum gives an indication of stroke efficiency. Reduce the sum (*by taking less strokes, or swimming faster, or both!*) and you've improved your stroke efficiency.
- **Hold S/c**; Maintaining the same number of strokes per length over a swim or a part of a swim.
- **Hypoxic**; Using a very short swim set and for example breathing every 3 strokes on the 1st length, breathing every 5 strokes on the 2nd length, breathing every 7 strokes on the 3rd length and breathing every 9 strokes on the 4th length.
- **Kick/ kicking**; Swimming using legs only (may include the use of fins).
- **Medley/ IM / Individual Medley**; A swim consisting of butterfly, backstroke, breaststroke and front crawl in that order.
- **O/c**; Own choice of stroke or drills.
- **Progressive**; a series of swims that:
 - progress through the different strokes in the order of a medley, or
 - Get faster as the set progresses.
- **Pull**; Swimming using only arms. Legs often maintained level with the use of a float held between the thighs, knees or ankles.
- **Red S/c**; A swim aiming to reduce the number of strokes taken for each length.
- **Reverse-order**; A medley swum in reverse order i.e. freestyle, breaststroke, backstroke and butterfly.
- **Rest / RI or Rest interval**; the amount of rest between swims.

- **@**; indicates the total time for an interval, e.g. 10x50m @ 60secs means 10 swims of 50 metres, starting every minute. The interval therefore includes both the swim and the rest period between swims.
- **S/A** or **Single-arm**; Using only one arm to swim, usually swapping arms each length
- **S.A.B.A.**; Single arm breathing away. Swimming with a single arm, but instead of breathing to the pulling side, you breath to the opposite (non-pulling) side.
- **S/c** or **stroke count**; The number of strokes taken to complete a length.
- **Snorkel**. A swim specific snorkel.
- **Swordfish** or **S/fish**. Lying $\frac{3}{4}$ on the side with one arm extended ahead and the other lying along the flank. FC swordfish entails turning the head to face the bottom of the pool, rolling to breathe; BC swordfish entails looking at the ceiling while swimming.
- **TT** or **Target Time**; Usually used in conjunction with intervals so that 10x50m @ 60secs, TT=35, would mean that swimmers should aim to complete each 50m swim in 35 seconds
- **1-count**; swimming a modified front crawl so that the extended, recovered arm is held for an extra count of 1 second before beginning its pull.
- **2k/1p**; A drill involving a cycle of two kicks to one pull.

End