



BASIC TRAINING TERMINOLOGY

Here are several of the coaching terms I use. Feel free to ask question!

ABCs = Always Be Counting (count your strokes): It's an easy way to know if you're improving!

Descend = Faster speed, increased effort and decreased time within the set (descend :38 -> :35 -> :32 by 50)

Interval: The send-off time for a particular set (4 x 50s on 1:15= leave every 1-minute and :15-seconds)

Long Course Meters (LCM) = 50 meter pool (Olympic distance) equal to 54.6 yards

Negative Split = Faster on the second half of the event (100 yards with 1st 50 at :30 and the 2nd at :28)

Open Water (OW) = Non-pool swimming including rivers, lakes, oceans, etc.

Pace = Average time for a specific distance within a specific event (200 on 2:00 would be a :30 per 50 pace)

S.M.A.R.T. Goals: Specific, Measureable, Attainable, Results-Oriented, and Time-Bonded

Short Course Meters (SCM) = 25 meter pool (European and many USA summer club standard) equal to 27.3 yards

Short Course Yards (SCY) = 25 yard pool (USA high school and college standard)

Split = Time for a specific segment of an event (200 splits at :30, :33, :32, and :31 for a 2:06 total time)

Streamline Dolphin Kick (SDK) = May be underwater or on top of the water (on back)

Stroke = Every "hand splash" in freestyle and backstroke OR every stroke cycle in breaststroke and fly

Stroke Cycle = Every two hand splashes in free and back or every stroke in breast and fly

Stroke Efficiency (SE) = Stroke Rate (SR) x Stroke Length (SL)

Stroke Length (SL) or **Distance Per Stroke (DPS)** = Number of stroke in a given distance (15 in 25 yards)

Stroke Rate (SR) = Number of strokes in 60-seconds (50 Strokes per minute or .833 seconds per stroke)

Underwater Dolphin Kick (UDS) = May be on stomach or on back – Known as the 5th stroke, pool swimmers may kick up to 15 meters underwater before surfacing which could amount to 40% of a short course race