

My Swim Coach

TRAIN BETTER. SWIM FASTER.

GLOSSARY

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GLOSSARY

Bf	Butterfly	
Br	Backstroke	
Br	Breaststroke	
Cr	Crawl	
Lt	Left	
Rt	Right	
Md	Medley	All 4 strokes in the following order: Butterfly-Back-Breast-Crawl
Bf-slap	Butterfly-slap	Butterfly movement overall. Do the stroke with one arm only. The second arm should lay straight out, stretched in front of the head. The body is slightly rolled to the side, but passively. When the stroking arm hits or "high fives" the stretched out arm after a certain number of strokes, change arms. 2le-2ri -2b means, for example, that two strokes with the left arm are followed by two strokes with the right arm, followed by two full strokes with both arms.
Br-Uw	Breaststroke-underwater strokes	Underwater breaststrokes with the entire body under water; both arms are pulled under breast and belly next to your thighs. Do a whole swimming cycle (arm and leg stroke) under water.
Cr-slap	Crawl-slap	Crawl movement overall. Switch to the passive arm that is laying stretched out in front of the head after it is slapped or "high fived" by the active arm.
Mini-Md	Mini medley	Medley. Change stroke every 12.5 meters.
Change-Md	Changing medley	Each distance is split up into two medleys. Change medley stroke when you've completed half of the distance. After a short break, the second part of the distance will begin with the same stroke with which the previous distance ended. For example: 4 x 50 Medley: 25 Bf + 25 Bk - Break - 25 Bk + 25 Br - Break - 25 Br + 25 Cr - Break - 25 Cr + 25 Bf.
Md-order	Medley order	The distance includes the 4 strokes in the following order: Butterfly-Back-Breast-Crawl. If mentioned, the distance will be swum with kicks only.
Bf-dive	Butterfly dive	Jump up from the bottom of the pool and dive with head and arms ahead into the water. Look for the floor with your hands and push up for the next jump (water depth max. 2 meters). If the water is deeper do crawl or Bf-slap instead of Bf-dive.

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Dog-pad	Doggie paddle	Lie on stomach and alternate arms under water. In the stroke phase both hands will be pushed down to the hip like when swimming crawl, but bring the arms forward under the surface of the water. The head stays above surface the entire time, and the legs do the normal flutter kick.
Polo-Cr.	Water polo crawl	Crawl movement overall. The head stays above the water the entire time.
OM	Overall / normal stroke movement	Arm stroke, leg stroke, and breathing will be combined according to the respective overall stroke as normal overall movement (ex. normal breast and crawl strokes).
Ile de Fonso / Combo-Br	Combination breaststroke	The combination of breast-diving stroke under water and breaststroke above the surface.
Bk-Br-Bf	Back-Breast-Fly	Breaststroke kick laying on back, with a backstroke arm stroke whereby both arms are moved at the same time.
Cr-fist	Crawl fist	Front crawl movement overall. The hand should be held in a fist while moved through the water.
Cr-open hand	Crawl open hand	Front crawl movement overall. Move the hand through the water with spread fingers.
1 Arm / 2 Leg	-	Arm stroke and leg stroke will be delinked. Do one arm stroke and then alternate with two leg strokes.
Steady swimming	Steady	A longer distance has to be swum without a break. The magnitude will be defined by the swimming time: ex. 10 min. steady / continuous swimming.
6-kicks	-	Six kick strokes per completed arm stroke. Low amplitude. Contributes to stabilization in the water as well as propulsion.
2-kicks	-	Two kick strokes per complete arm stroke. High amplitude. Serves mainly to stabilize the position in the water.
Rigging	-	Swim face down with an easy flutter kick. The hands start at shoulder height beside the body. The finger tips point to the ground and the elbow is kept above the hand. Through a back and forth wiping movement the body will be pushed forward by a hydrodynamic lift. Changing the angle of the hands can optimize propulsion.

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Quick turn	-	An exercise with fast turns, swimming at maximum speed for approx. 5 meters before and after each turn.
Max	Maximum	Highest speed possible.
Mod	Moderate	Subjectively comfortable speed, also serving as recovery time.
Par-move	Partial movement	Do only one part of the full stroke (ex. only the stroke kick).
Series	-	A series of a particular exercise will often be swum. After the last repetition of a series a (normally longer) break from series will follow.
Repeat	-	Do several repetitions of an exercise in a series. After each repetition a break is scheduled. 3 x 4 x 200 Cr means 3 series with 4 repetitions each at a 200m Cr distance.
Speed	-	The swim speed is normally stated in minutes and seconds per repetition. In some cases there is also self-explanatory tempo information (ex. moderate speed).
25m series in 50m lane	-	If a series consists of a repetition of short distances (ex. 8 x 25m Cr) the breaks will be at the middle of the lane in long lanes.
Active recovery	-	Recovery between two series should not be a passive break, but rather calm and slow swimming.
"With force"	-	Single sections within a repetition or a series should be swum a bit faster.
Stamina	-	Stamina or speed endurance is the ability to keep a high(er) pace during a longer time / distance.
Fartlek	-	Repeated increase and decrease of swimming speed during a swimming distance.
Differentiation ability	-	The ability to differentiate means to be able to coordinate and fine-tune your body. This ability can be observed, for example, by feeling natural in water. One way you can train this by 'playing with water resistance' (arm stroke with open or closed fingers).

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Hypoxia training	-	Hypoxia exercising is to exercise under the condition of oxygen deficiency. By prolonging the breathing rhythm (for example by moving 8 strokes), you can create a hypoxia which has no physiological effect, like used for altitude training. Nevertheless, the method is still useful for enforcing a slow swim tempo. It also prepares you for free water races where the situation of subjective breathlessness (for example during a mass start) often occurs, which can be a big problem especially for less well-trained swimmers.
Tech train	Technical training	In the realm of the technical training, basic coordination abilities should be optimized in order to increase the highest possible speed and to improve swim economization. Technical exercises train the linking ability, the ability to rhythmize, the ability to differentiate, or flexibility.
Linking ability	-	Linking or coupling ability means the ability to coordinate different movements of the body parts (ex. of the legs and arms). This can be trained by linking movements from different strokes.
Rhythmize	-	The ability to rhythmize means the ability to motorically reproduce a given rhythm (ex. emphasize the 3rd arm stroke or switch every 2nd or 6th leg stroke).
Stabil	Torso stabilization exercise	A highly stable torso area is not only a precondition for running but also for swimming, in order to achieve the highest possible speed and good swimming economy. Short strengthening exercises at the pool side (ex. 20 sit-ups) can help to develop a feeling for torso stability.

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