

[x]kicks, [x]strokes = can apply to any stroke or any number variations, where you kick a specified number of kicks and then take a specified number of strokes.

2d/1u = 2 down/1 up. This only applies to breaststroke or butterfly. You would take two full strokes with your head in the water (not breathing) and then one stroke for breath. This can sometimes be 3d/1u or 4d/1u depending on the set.

33/66 = A 33 is a length and a half in a yards pool. Technically a 37.5 is a length and a half but for reasons which i will not go into, consider a 33 a length and a half and a 66 two lengths and a half.

[x]-kick = drill where one full stroke is taken, followed by [x] amount of flutter or dolphin kicks with hands out front at surface of the water

AFAP = as far as possible - usually applies to underwater starts

AMAP = as much as possible - usually applies to doing a certain amount of yardage in a limited time frame

Base = your base free time for a 100 free – whatever you can do 10 x 100 on and hold. That is your base time

Benjamin = LCM only - ez to first lane line -> fast turn -> sprint back to wall -> fast turn -> ez to second lane line -> fast turn -> ez back to wall -> etc.....to 6th line and back.

BP = breathing pattern usually on freestyle (i.e BP7 = breathe every 7 strokes)

Buddha drill = with paddles on and ball underneath legs, do breaststroke stroke in sitting position to midpool - drop ball, do 50 breaststroke focusing in height and drive - back at midpool put ball back under legs and get into sitting position - do breaststroke stroke back to wall

Burden Bag = Using Drag Belt - 50 burden bag is 25 run/25 fly - 100 burden bag is 25 run/50 free/25 fly - 200 burden bag is 200 of a stroke wearing drag belt.

Butter-est = A drill where you take one full stroke of breast followed by one full stroke of fly and continue to repeat this cycle...the hands never pause and there is a continuous hip motion

Butter-ack = A drill where you leave the wall on your back taking 2-3 fly kicks on your back. When you pop up, you take 3 backstrokes strokes and then on your fourth you submerge yourself on your back and do 4 dolphin kicks under water. Then when you popup, you rollover on your stomach and take two fly strokes with your left arm followed by two fly strokes with your right arm - after the last fly stroke you go under water on your stomach and finish to the wall fly kicking underwater on your stomach

CNF = Choice - NO Free

CU = catch-up freestyle, touch finger tips out in front, can also be done with passing a paddle between your hands out front

Descend = Each rep gets successively faster on the same interval.

DKO/TKO/QKO = double/triple/quadruple kick out from the wall.

Double Arm Back (aka DA or DAB) = Instead of swimming back with 1 arm you use both arms simultaneously. The goal is to have mirror images of each arm

DPO/TPO/QPO = applies only to breaststroke - double pull out, triple pull out or quadruple pull out from the wall

DPS = Distance Per Stroke. This means that for every stroke you want to get as much distance out of it as possible

EVF = ear;y vertical forearm – focus on high forward catch

Fists = swim with closed fists

FKOB/S = Fly Kick on Back

Flag/midpool turn = Instead of doing a flip turn at the walls you do a turn at the flags or midpool

FnP = fins 'n paddles

FQ = Front Quadrant Swimming (keep arm weight out front)

FR / BR / BA / FLY = free / breast / ba / fly.

FrKOB/FlKOB = Free Kick on Back /Fly Kick on Back

FT = finger tip drill - drag finger tips on top of water on recovery, with finger tips close to body

HU = head up freestyle swimming, keep head straight with good kick

IMO = IM order (fly, back, breast, free – can be by round, by set or by rep)

NB = no breath.

NBB = applies only to kick sets - No Breast kick, no board allowed.

NBRZ = no breathing in the red zone (red zone is area from flags to wall and wall to flags)

NS (Neg. split) = That means that the second half of the rep is faster than the first half. If you NS a 200, the second 100 will be faster than the first.

PS = Pattern swim - large yardage bracket broken into repeating sections

PwP = pull with paddles

RA/LA = right arm or left arm only swimming or any combination (i.e. 3R, 3L would mean take 3 strokes with RA then 3 strokes with LA)

R-IM = reverse IM – swim in reverse IM order – fr/br/ba/fly

RZ = red zone – area between flags and wall

S/K/P = swim / kick / pull.

Stokedown/strokeup = start at your base stroke per length and count down by one stroke per 25. If you're base stroke count for 25 is 16 and you did a 300 stokedown, you would take 16 strokes your first lap, 15 your second lap and so on until on the last lap you could only take 4 strokes. The opposite applies to strokeup. Start at 4 and count up. This produces lots of fun, happy kick.

Submarines = with fins on and board, submerge and go as far underwater as possible

Superfly = off the wall you take 3 fly strokes

Swampland = run 25 meters/yards holding kickboard above head - sprint back to wall kicking

uH20 turns = at the start of the red zone descend as deep as possible towards the wall then flip below the water.

uH20 = underwater.

VFK/VDK = vertical dolphin kick/vertical flutter kick