

# AGUA Masters Glossary of Terms

**Please note: The bolded terms are ones used a bit more frequently during our practices.**

## Aerobic

Longer distance, moderate intensity, short rest period swimming sets that focus on building endurance.

## Anaerobic

Shorter distance, high intensity, long rest period swimming sets that focus on building power.

## Beats Per Minute (BPM)

Heartrate where typically a swimmer is asked to count his/her heartrate for 10 seconds.

## Bilateral Breathing (BR 3/5)

The process of breathing on alternate sides during freestyle, such as breathing every third or fifth stroke.

## Build

Gradually increasing your speed within the singular distance. For a build-up 100-yard swim, you start at a certain speed, gradually building to maximum or near maximum speed at the end of the 100.

## Catch-up

Drill where on FC one hand stays at full stretch ahead until the other meets it then it begins the stroke.

## Choice

Swimmer's choice of stroke and/or drill. The difference between "choice" usually indicating any of the 4 strokes vs. "stroke" usually indicating any stroke other than freestyle.

## Cool-Down (CD)

Easy to moderate swimming following an intensive effort or race. The purpose is to rid the body of excess lactic acid and to reduce heart rate and respiration. May also be referred to as "recovery swimming," "active rest/recovery," or "warm-down".

## Descending Set (Des)

A series of the same distance in which your swimming times decrease with each repeat. Your time on a descending set of 4 x 50s on 1:00 may be :46, :44, :42, and :40.

## DPS (Distance per Stroke)

The distance you cover with each stroke. The longer your distance per stroke, the more efficient your stroke is. You can calculate this by dividing your distance swum by your stroke count over that distance.

## Drill

An exercise designed to improve the technique of a swimmer. Many drills focus on a specific part of the stroke. Often a coach may say, "Drill 25, then swim 25," which means do a drill for 25 yards, then do the full stroke for the next 25 yards.

## High Velocity Overload (HVO)

Swim part of the length (no more than 15m) at full speed without breathing, rest of the set distance swim easy.

## Hypoxic/Hypoxia

Deliberate restriction of oxygen. Specifically applied within breath holding or under waters. Please note that if a swimmer needs to breathe, please do so to prevent dangerous levels of depletion.

## Lactate

Lactic acid is produced in the muscles during anaerobic sets. Swim down & stretching help disperse lactate.

## **Kick/ Kick on Back (KOB)**

A set specifically held in a streamline kicking on a swimmer's back. The specification for kicking on the back is usually for a stroke that is not typically backstroke.

## **IM (Individual Medley)**

A swim in which you swim each stroke in the following order: butterfly, backstroke, breaststroke, and freestyle. Each stroke must be swum for one-quarter of the race distance.

## **Long Course Meters (LCM)**

A pool that is 50 meters long.

## **Negative Split**

A swim during which the second half is completed faster than the first half.

## **OWS (Open Water Swim)**

Swimming that occurs outside of a pool, such as in a river, lake, or ocean.

## **Pace**

Average time for a specific distance within a specific event (a 200 on 3:00 would be a :45 per 50 pace). Usually, you should swim at a pace that you can hold for a long time, rather than changing your pace drastically within a set (unless the set calls for it).

## **Percentages**

Usually refers to the effort or pace being completed for that swim set. i.e. 80% is pretty hard but not maximum effort or sprint.

## **Pulling/Pull**

A swim during which only your upper body is used. Pulling generally implies the use of a pull buoy, a flotation device placed between your legs. Hand paddles are also often used on pulling sets.

## **Race Pace Training**

Swimming in a workout that simulates the speed at which you will compete.

## **Recovery (Active Recovery)**

Restorative activities designed to allow you to regain strength and energy. During the workout, this may involve easy, slow swimming between work sets.

## **Reverse IM Order (Rev IM)**

A swim in which you swim in reverse IM order: freestyle, breaststroke, backstroke, and butterfly. Each stroke must be swum for one-quarter of the total distance.

## **Set**

A number of repetitive swims (repeats) at specific distances that typically involve an interval or a specific amount of rest. There is a limitless number of sets that vary in the number of repeats, distance, and interval. An example of a basic set is 10 x 100s @ 1:30.

## **Short Course Meters (SCM)**

A pool that is 25 meters long. Because a meter is slightly longer than a yard, this is a longer distance than a short course yards pool, which should be accounted for determining intervals or examining race times

## Short Course Yards

A pool that is 25 yards long. This is the standard distance for most US pools.

## Sprint

All out as fast as you can go, breathing as little as you can.

## Stroke

The stroke you are completing but usually indicates selecting a stroke that is not freestyle. (see “Choice”).

## **SKIPS (Swim, Kick, IM Drill, Pull, Swim)**

Abbreviation for a set that includes swim, kick, IM drill, pull, and swim in that order. E.g. 1000 means 200 of each in that order.

## Taper

Training period designed to produce peak performance by a swimmer in a competition. A taper generally follows a higher-intensity phase and is a period during which a swimmer grows stronger through rest and recovery.

## Test Set

A set or workout designed to challenge you. This can include high threshold sets, high intensity sets, or a set that is repeated periodically throughout the season as a benchmark for progress.

## **Underwater (Uh20)**

Usually refers to kicking, using Dolphin kick.

## VO2 Max Set

References the maximum amount of oxygen you can utilize while exercising. These types of sets involve swimming as fast as you can and then resting roughly twice as long as you were swimming. Repeat multiple times until you start to slow down significantly.

## **Warm-Up**

A period of swimming in which you acclimate and warm your muscles for faster swimming, which is important to prevent injury. During warm-up, you should generally experience an increase in heart rate and respiration.