Common Gear

Kick Board
Use sparingly as it places your body in an un-natural position. Instead, kick without a board with your hands above your head or along your sides.

Zoomers
Used for kicking during warm-up and for drills to help with body alignment. Zoomers have a shorter end than standard flippers.

Paddles
Use paddles that are only slightly larger than your hand. Paddles are good to use when working on form. Before using paddles for strengthening, you must have good form as to not injure your shoulders. Always use paddles with a pull buoy.

Pull Buoy
Good for when working on forum to help keep your legs elevated. Do not spend a majority of your workout using a pull buoy.

Freestyle Snorkel
The freestyle snorkel is slightly different then a scuba snorkel. It is helpful when working on form so you can leave your face in the water.

Drills

The following is a link to a Swim Clinic eBook created by Endurance Nation coaching. It contains the drills from the swim clinic and several videos.
https://www.box.com/shared/q50ds6x5j9

Websites

Go Swim!
Total Immersion
Finding Freestyle

Swim Terms

- **WU**: Warm Up
- **MS**: Main Set
- **CD**: Cool Down
- **RI**: Rest Interval (a rest interval can also be sown as 4x75 free w/ 10" rest, which means to swim 4 sets of 75 yards/meters with 10 seconds rest between 75's.)
- **'**: Minutes
- **"**: Seconds
- **Negative Split**: The second half of the interval is faster than the first half. For example, for a 300yd swim, negative split, you try to swim the second half of the 300 faster than the first half.
- **Descend**: Perform each interval faster than the one before it. For example, for 4 x 200 descending, #2 is faster than #1, #3 is faster than #2, etc.
- **Build**: You get faster within the interval itself. Example: 3 x 300, Build by 100's. Within each 300, you make each 100 progressively faster: 1st 100 is easy, 2nd is Steady, 3rd is Mod-Hard, for example.
- **Bi-lateral Breathing:** Breathing to the one side, taking an odd number of strokes, and then breathing to the other side.
- **DPS (Distance Per Stroke)**: easy swimming while emphasizing reach and follow-through to achieve maximal distance per stroke (i.e. fewer strokes per pool length)
- **Kick:** Using legs only with a kick board, arms at side, or arms outstretched above your head squeezing your ears with your arms and hands on top of each other.
- **Pull:** Using arms only to swim. Can place a pull buoy between your legs, cross your legs, or place a band around your ankles or knees.
- **Swim:** Typically crawl stroke (freestyle)
- **Drills:** Exercises that emphasizes one aspect of the stroke used to improve technique.

Reading a Swim Workout

Example 1 - Rest is denoted separately, no time given to complete the set.
WU: 300 & then 3x100 choice (free or non free).
MS:
4x200 pull with 30" rest
8x100 with 15" rest
200 kick
6x100 on 10" rest
CD: 200

Unlike the 2nd example, for this workout there is not a specific time given to complete each repetition. The rest is specifically given. In the case of '4x200 pull with 30" rest', you do 4 sets of 200 'pull' with 30" (seconds) of rest between 200's.

How fast? Example: 8x100 with 15" rest   Swim sets that have no written effort level or pace will just mean to go as fast as you can for each interval (in the above case each 100) where the written rest interval (15seconds) will give you just enough time to lower your heart-rate to perform the next interval without a breakdown in swim form. Remember, it's not 'as fast as you can', but just fast enough to get rested with the rest interval to complete the next set. It's supposed to challenge you!

Example 2 - Rest built into the total time
WU: 400
MS:
12 x 50 on 1:30 ez/FAST
300 pull
12 x 25 1:00
CD: 200 easy

You will warmup for 400 yards. Keep it easy, focus on your stroke technique. For the main set, you will do 12 sets of 50 yards/meters alternating each 25 easy and then the next 25 fast (down and back). The 1:30 denotes the length of the interval **including** rest (also referred to as a 'send off'). 12x50 on 1:30 means that you have 1:30 to do EACH 50 meters/yards (1 lap down and back). If you beat the clock and do it in 1:15, then you have 15 seconds of rest before starting the next 50. Same with the 12x25 on 1:00. You have a minute to do each lap (25 down and 25 back), any extra time is for rest.