

Swim Workouts: An Overview

Several interested Masters Swimmers have contacted us regarding our workouts. Understandably, the way they are posted, it can be a foreign language. So, let's give a quick overview on some of the team's 'lingo'...

FL Fly
BK Back
BR Breast
FR Free

FR/BR Alternate Free and Breast

BK/FR Alternate Back and Free

you get the idea

Comp column (Component Column)

What is this segment of the workout going to concentrate on?

DL Dry Land
K Kick set
FL Fly swim set
BK Back swim set
BR Breast swim set
FR Free Swim set
SWFR Stroke Work Free, lots of drills
SWBK Stroke Work Back, lots of drills
SWBR Stroke Work Breast, lots of drills
SWFL Stoke Work Fly, lots of drills
G Game
IM Individual Medley (BK, BR, FL, FR)
LQS Long Quality Swim
SP Sprint

4x50 on 1:00 Swim or kick (what component?) 4 50's (two lengths), each 50 on 1 minute or less. If finish on 0:45, take :15 seconds rest. If finish on 1 or more, increase interval accordingly.

6x25 FR SP :30 r Swim or kick 6 25's (one length) Sprint (all out effort) and take :30 seconds rest before the next 25.

2x100 on 4:30 no bd Kick 2 100's (four lengths) on 4:30 without a board. This means do kick drills for each 100.