

Terms, Abbreviations and Drills that You Need to Know

WU: Warm up

CD: Cool down

' = minutes

" = seconds

MS = Main Set

RPE = rate of perceived exertion

RI = rest interval

Workout Types

Aerobic Endurance - The ability to maintain a higher speed for a longer period of time while still doing it aerobically.

Brick = Doing one workout immediately after another. Simulates race day.

BT = 'Breakthrough' Workout - an important workout that is intended to cause a significant, positive, adaptive response

LT = Lactate Threshold - The point in a workout where aerobic respiration (metabolism) begins to be replaced by anaerobic respiration signified by an increase in lactic acid. Also known as 'anaerobic threshold'. Training near LT improves the body's ability to process lactate while also teaching the muscles to conserve glycogen and glucose fuel sources. It also helps you become more resistant to fatigue. The result of this type of training is an increase in your speed at and near LT.

TT = Time Trial

Swim Workouts Definitions

Loosen (Swim) - just means easy - 'loosen up', whether it be easy free, back, breast.

Sculling - moving your hand back and forth in the water, at your hips, your shoulder or over your head to keep your body balanced in the water while providing some propulsion. More specifically, this means to gently propel yourself through the water by moving your hands close to and just under your hips, using the figure-eight pattern. Basically, just easily push yourself through the water on your back.

IM - Individual Medley - Fly, back, breast, free.

FTD/FDD – **Finger Tip/Drag Drill** - With each arm recovery, drag your fingertips through the water close to your body. This helps you really rotate your torso to get your elbow high enough to keep your fingertips in the water.

SAD – **Single Arm Drill** - Push off the wall with both arms extended in front of you with your hands touching, one on top of the other. Rotate to your side so that you are lying on your left side with your left arm in front on you. Now, swim down the pool, using only your right arm - once you get to the other end, try the same thing, this time lying on your right side and swimming with your left arm only. Keep a strong kick going and focus on the pull portion of the stroke.

CUD – **Catch Up Drill** - Push off the wall with both arms extended in front of you touching each other. Start with the right arm and take a full stroke, coming to rest in the forward position, before the left arm starts its pull. Repeat this all the way to the other side of the pool. Keep a strong kick going and focus on the pull portion of the stroke.

CFD – Closed Fist Drill - You will be swimming freestyle with your hands closed in a fist. This should get you to have better 'feel' for the water. Unless noted otherwise, this is usually done by swimming with your hands closed in a fist for strokes, and then open your hands for 4 strokes, alternating until you get to the other end.

'Pull' Drill - Focus will be on learning to 'catch' the water with your forearm and pull yourself through the water. If you feel your lats (the muscles under your arm pits that go down the side of your back) engage, then you are starting to get it. If your shoulders are tired, then you are still using too much shoulder and not enough lats.

Pull Buoy - A swim aid that you put between your legs to help you maintain a neutral body position while concentrating on your pull rather than trying to remember everything at once.

Kick (Regular) - regular kickboard kick or kick on back with hands over head, fingers locked.

Right Side Kick:

How: Kick on your right side, with right shoulder pointed to the sky

Head: Relaxed, underwater, look at the side of the pool. Advanced it to look at the bottom, but be sure to maintain vertical shoulders when on your side: shoulders perpendicular to bottom of the pool.

Arms: Left arm extended, right hand rests on left thigh.

Toes: Toes pointed, ankles relaxed. Keep width of kick within "tube" created by your body: relatively narrow.
Breath: Take a small sculling motion with right hand and roll head easily to breathe. Exhale slowly and smoothly.

Notes:

1. Keep shoulders perpendicular to pool bottom. "Point belly to the side of the pool."
2. Relatively narrow kick.
3. Smooth breath by rolling your head up to the sky.

Left Side Kick - just the opposite of above

Stomach Kick - Push off the wall with hands by your side, pressing head and chest into water, helping the legs come up. Kick steady for the length of the pool, rotating your body to the side to get a breath when needed.

Six Kick Change - Start with Right Side Kick. 6 kicks, then pull and roll over to Left Side Kick. 6 kicks left side, roll, repeat

Six/Three - Start with Right Side Kick. 6 kicks, then pull three arms strokes, ending up on your left side. Kick 6 kicks on your left side, then take 3 arm pulls to rotate over to your right side. Repeat.

Twisters - The twisters mean the set 'twists' down and gets faster (or the rest gets shorter). Example: 1 x 100 on 1:50, x 100 on 1:45, 3 x 100 on 1:40, 4 x 100 on 1:35, 5 x 100 on 1:30.

T-Pace = swim test time / the number of 100 you swam. If you swam 20:00 for 1,000 yards, then your T-Pace would equal 20:00/10 for a T-Pace of 2:00 per 100

Swim Golf = Add up your 50 yd/m time and the # of strokes for the 50 yd/m – for example: 50 seconds and 50 strokes for a 50 yard swim would give you a golf score of 100

Bike Workout Definitions

RPM = revolutions per minute or 'cadence'

ILT = Isolated Leg Training: lets us isolate one leg at a time to find the skip in your pedal stroke. As we get more efficient the skips get less common and the pedal stroke gets smoother and the cyclist is able to apply more force to the pedal stroke

OLDS = one leg drills or ILT (above)

Run Workout Definitions

Kenyan and 'Pretty' Running - lean forward, roll off your big toes, keep hand above your waist, look about 6 feet in front of you with your eyes, drive your elbows back and never cross your midline with your hands.

Strides - short repeats at a 5K pace with recovery in-between.

Heart Rate Zones: Z1 - Zone 1 or Recovery
Z2 - Zone 2 or Extensive endurance
Z3 - Zone 3 or Intensive endurance/muscular endurance
Z4 - Zone 4 or Sub-threshold
Z5a - Zone 5a or Super-threshold
Z5b- Zone 5b or Anaerobic endurance
Z5c- Zone 5b or Power

RPE/HR Zone Chart

RPE Zone	HR Zone	Description
0	Z1	Complete Rest
1	Z1	Very Weak: light walking
2	Z1	Weak: strong walk, very slow run, easy conversation pace
3	Z1	Moderate: easy run, begin to sweat, but can hold conversation throughout
4	Z1	Somewhat Strong: still easy, sweating a bit more
5	Z2	Strong
6	Z2 Upper	
7	Z3	Very Strong: breathing very labored, but can still maintain pace for some minutes without slowing.
8	Z4	Olympic Distance Race Pace for MOP to FOP
9	Z5	Cannot hold effort for more than a minute or two, or 5k race pace for MOP to FOP racers
10	Z5+	Extremely Strong (almost maximal)

