

Swim Smooth Shorthand Reference Sheet

This guide has been written to give you a better insight into how to read the Swim Smooth Training Program Sessions Levels 1 to 3. Most of the sessions will feature a breakdown as such:

1. **Aim** – what is to be achieved in today's session
2. **Warm-up** – some steady swim intervals to prepare you for the session
3. **Build Set** – a series of shorter intervals designed to elevate Heart Rate (HR)
4. **Main Set** – where the bulk of your 'fitness' work is done; will include technical drills as well as continuous freestyle swim intervals.
5. **Cool Down** – try not to skip this part of your session as it is very important in the recovery process and will result in a gradual reduction of HR and loosening of the shoulders etc.

The following abbreviations are used throughout the program(s):

f/s = freestyle, i.e. continuous swimming

m = meters (you may substitute this for yards obviously)

into = usually suggests an interval which is split into two separate parts (e.g. drill and swim / f/s) but swum continuously, i.e. 25m drill [straight] **into** 25 swim

PFQ = Pretty Flippin' Quick, i.e. fast swimming

On 1:00 (60s) = Start every interval after 1-minute (60 seconds) has elapsed since the start of the previous interval, e.g. if you were doing 50m intervals and coming in / completing each interval in 45 seconds, you'd have 15 seconds for rest before the next interval

Build 1 – 4 = Each interval (1 – 4) gets a little faster than the last, usually so that the last interval is at least at threshold pace

TT = Time Trial, i.e. a timed swim over a set distance

n/a = not applicable (normal 'rules' don't apply here!)

Leisure Stroke = (from the DVD), double-arm backstroke with breaststroke legs as a suggestion for a cool-down option

Pull = Pull Buoy, using a pull buoy between the legs to focus on arm stroke and / or body rotation exercises

HR = Heart Rate, measured in beats per minute

Fins = using a pair of fins / flippers to aid that particular part of the set

0:30 = Rest Interval, i.e. always 30 seconds recovery between each interval regardless of how fast you swam the last interval

Breath every 3 / 5 = breathe after having completed 3 or 5 strokes, where left arm = 1, right arm = 2, left arm = 3 etc

Target Pace Level 3 = refer to the Swim Pace Calculator included as part of your bonus CD-ROM from the Swim Smooth DVD boxset

Board = kick board used for some of the kicking sets – if you struggle to go anywhere with a kick board, try it without and you should find that your improved body position will mean you'll be able to kick better

Torpedo Kick = streamlined push off wall with arms extended and head between the arms (refer to DVD for visual example)

3 x (4 x 100m) = 3 sets of 4 times 100 meter intervals, usually where all four intervals in each of the three sets are identical, i.e. any change in drill etc will occur after each set is completed

Level 2 Time + 0:30 = used to set recovery interval, so if your Level 2 time from the Pace Calculator happens to be 2:00 for 100m, the "on" time should be 2:30, i.e. start each new interval after 2:30 has elapsed from the start of the previous interval

Up / Down = essentially swimming the outward length or interval doing one thing (e.g. a set drill) and after the turn coming back swimming another thing (e.g. normal f/s)

Straight Swim = normal continuous freestyle

I.M = Individual Medley, i.e. butterfly, backstroke, breaststroke, freestyle (in that order)

Left / Right side kick = kicking whilst perfectly on your side showing your belly-button to one wall and your back to the other. Keep 'top' arm by your side and 'bottom' arm reaching forward with ear resting on the shoulder of the leading arm

Bands = (from DVD) use of an old bike inner-tube around the ankles to encourage good abdominal control and to work on lifting stroke rate specific to rough open water swims

Please refer to the Swim Smooth DVD (discs 1 & 2) for a visual demonstration of all the drills mentioned in the Training Program or refer to the Swim Smooth Drills sheet included on your bonus CD-ROM for a written explanation of how best to perform the drills. Like with anything, the more you practice these drills the better you'll get and the more comfortable they will feel.

Whilst this is a generic swim training program, after going through the 25 sessions once and having watched the DVDs a few times, you should start to pick-up on which drills seem to be having the most impact on your swimming and from there you can focus more on utilising these drills to help you improve further.

Good luck!

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