

Swimming Guide

Etiquette

Pay attention to where others are in the lane, note rotation and follow suit.

Be prepared to be flexible. If you are good at longer swims then go ahead in the lineup but drop back for a sprint session if that is not as strong a discipline for you.

Passing in Lane swimming:

- You can pass in middle of lane by pulling to centre and passing -- watch for others coming back. Always tap toes first to let the person know.
- On turns, once past the flags, pull towards centre, push off the “button” (the painted +) as far to the other side as you can. Not into incoming swimmers. This will leave room for everyone to turn. This also lets a faster swimmer pass on the other side of you.

Lane Direction

First one in the pool sets direction (is it up the left or up the right side of the lane?). You want to swim so that swimmers in the next lane are swimming in the same direction when next to you. This means lanes will alternate swimming up left, swimming back on the left. Swimmers on each side of the lane rope should be going in the same direction.

Workout Terms / Timing

Stroke or NF – A stroke other than front crawl, e.g. breast, back or butterfly.

Always try and get your time for each set and work it back to 100m pace.

Rest interval -- swim the set and then rest for that time, i.e. Rest 0:15 or Rest 15 seconds = rest 15 seconds then continue swimming

Pace Time or Swim Interval, or “ON” - You have a certain time to make; the rest period is whatever is left. i.e. swim 100 on 1:45 pace = if you swim the 100 in 1:43, you have 2 seconds rest. If you swim 100 in 1:25 you have 20 seconds rest.

A **set 3 x 200 free on 2:00** means each 200 is on a pace of 2:00. This whole set will take you 6 minutes inclusive of rests.

Recovery (portion of stroke, not rest time) – When your arm is out of the water

BPI = Best Possible Interval – This is the best pace you can maintain for a given distance. Often expressed as a variable of CSS e.g. CSS+15

Descending – Each consecutive interval to be performed faster than the previous.

Continuous – Means just that. If you are doing 300, don't stop in the shallow end push off and continue swimming otherwise you are doing 100's.

Drills

The first few are self explanatory but some require a little explanation

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| Fist Drill | Swim normally, but with hand in a fist |
| Single Arm | Only one arm strokes, with the other held out front |
| Straight Arm Recovery | Elbow does not bend when out of the water |
| Stroke Count | For a given distance typically 50m |
| Finger Tip Drag | On recovery the fingers are pulled along the surface |
| Zipper Drill | Similar to above but the finger tips are drawn along the side of the body to the armpit then recovery normally |
| Single Arm Reverse | Single arm where both hands return to the leg rather than meeting overhead |
| Golf | $\text{Stroke Count} + \text{Time} = \text{Golf Score}$ - Aim to lower the score |
| 3,5,7... Breathing | This indicates the number of strokes to take before breathing. |
| Thumb-to-Thigh | Freestyle where the thumb strokes the thigh at the full arm extension position on each stroke. |
| Six Count Kick | Take six deliberate kicks per stroke in Freestyle |
| Three touch | Swim free, but touch the thigh, arm pit and water surface during recovery. |