

Abreviation	Meaning
FR	Freestyle
BK	Backstroke
BR	Breastroke
FL	Butterfly
IM	Individual medley (FL, BK, BR, FR in that order)
FR/BK/FR/BR/50m	50m freestyle, 50m backstroke, 50m freestyle, 50m breaststroke
Fullstroke	Normal swimming using the arms & the legs together
DK	Dolphin kick
UW	Underwater phase
5DK/UW	5 dolphin kicks per underwater phase
Br.Ev.2	Breathing every 2 strokes
Br.Ev.2/4	Alternating : breathing every 2 strokes with breathing every 4 strokes throughout the lap
Br.Ev.7/5/3/25m	25m breathing every 7 strokes, 25m breathing every 5 strokes, 25m breathing every 3 strokes
Block start	The swimmer dives off the racing blocks (or the pool deck) at the beginning of each repeat
Wall start	The swimmer is already in the water and pushes hard on the wall at the beginning of each repeat
No wall start	The swimmer is in the water and begins each repetition without pushing on the wall or pulling on the lane
RI	Rest interval (a fixed amount of rest to be taken between each repetition). Example 10 x 100 RI 10sec (10sec rest between each 100m)
@	Send off time. Example 10 x 100 @ 1.30 (The swimmer starts a new repetition repeat every 1min30sec)
f	Fast
ez	Easy
Desc 1-3	Descending 1 to 3 means each lap is faster than the previous one. Example 3 x 50m desc 1-3/2sec (each 50m is 2 sec faster than the previous one)
Even pace	Speed is as constant as possible throughout the swim. Example 10 x 200 even pace (swimming each 50m of every 200m at the same pace)
Fartlek	Swimming a set distance without stopping with changes of pace Example 400m non-stop : 25 slow, 25 medium, 25 slow, 25 fast
Build	Speed increases progressively within the swim repeat. Example 1 x 25m build (swim slowly at the beginning and finish the lap all out!)
Negative split	The second half of the repetition is faster than the first. Example 10 x 100 negative split/5sec (the second 50m is 5sec faster than the first one)
SPL	Strokes per length is the total number of strokes that were necessary to swim a lap. Elite swimmers generally take fewer strokes per length.
Stroke cycle	For butterfly and breaststroke a stroke cycle is one complete arm action. For freestyle and backstroke a stroke cycle is the arm action of the left arm as well as the right arm.
Stroke rate (also known as tempo)	Stroke rate is a measure of the rhythm of the stroke. It can be expressed in stroke cycles/min or sec/stroke cycle. Example 1.2sec/stroke cycle = 50 stroke cycles/min Stroke rate is individual. Generally the average stroke rate measured during the race reflects the optimal rhythm needed to maintain race pace. Elite swimmers are very good at maintaining a constant stroke rate or increasing it when necessary.
P400	400m PACE (The stroke rate, breathing & kicking patterns should be the same as those used in competition)
P200	200m PACE (The stroke rate, breathing & kicking patterns should be the same as those used in competition)
P100	100m PACE (The stroke rate, breathing & kicking patterns should be the same as those used in competition)
PMAX	50m PACE (The stroke rate, breathing & kicking patterns should be the same as those used in competition)