

For Development Squad, Competitive Squad and Masters Squad, your training sets will usually be written on a whiteboard. The information below may help you follow them.

Abbreviations:

“FC”	Frontcrawl
“BC” or “BK”	Backstroke
“BR”	Breaststroke
“BF” or “Fly”	Butterfly
“I.M.”	Individual Medley (all strokes in order butterfly, backstroke, breaststroke, frontcrawl)
“Kick”	only use your legs
“Pull”	only use your arms
“Drill”	work on one particular part of the stroke
“Choice”	your choice of the four main strokes
“Form”	your best stroke (but not frontcrawl)

Distances:

Our pool is 25 metres long, and training sets are usually written in metres. Therefore you need to know your 25 times tables well ! For example:

- 50 BK means two lengths of backstroke,
- 200 FC means eight lengths of frontcrawl.

Times:

Training sets will usually tell you how long you have to do each part, or how much rest to have between each part. You should therefore look at the pacerlock every time you start and every time you stop. For example:

- “4 * 50 BR rest 20” means you swim two lengths of breaststroke then rest for 20 seconds, and then repeat until you’ve done it four times.
- “4 * 50 BR @ 60” means you have 60 seconds to swim two lengths of breaststroke and have your rest before starting the next one - so you start the second one 60 seconds after you started the first one, and so on until you’ve done it four times. In this example, if you take 50 seconds to do each swim, you would get 10 seconds rest each time.