Glossary

The following table is a list of all terms currently used within the myCOACH swimming sessions

Term	Meaning
Fc	Front Crawl / Freestyle
Bk	Back Crawl / Backstroke
Brst	Breaststroke
Fly	Butterfly
Ch	Your choice of stroke (mix and match)
IM	Individual Medley Swim (in the order: Fly/Bk/Brst/Fc)
No. 1	Your preferred stroke of choice
Kick	Kick of stroke only (with or without a kickboard)
SC	Stroke count (The number of single strokes taken per length)
Drill	Drill of selected stroke
u/w	Swim underwater (Breaststroke or streamlined Fc kick) You may need to surface several times to make the distance stated
20 sec	Rest interval between each repetition (i.e take 20 seconds after each swim)

Term	Meaning
A1	Base aerobic work (light / moderate exertion)
A2	Aerobic work (moderate / uncomfortable exertion)
T	Threshold (cardiovascular development) (uncomfortable / hard exertion)
VO2	Maximal oxygen uptake (hard / very hard exertion)
LaProd	Lactate production (extremely hard exertion)
LaTol	Lactate tolerance (maximum effort exertion)
Sp/Pwr	Speed and Power development (hard exertion)
Desc	Descend (Each swim is faster than the previous)
Build	Gradually build the exertion level throughout the swim to the specified Intensity

Session plan: User guide

Here is a brief explanation of the elements that make up a session plan and how to use them.

Distance (metres)	Reps	Stroke	Rest (seconds)	Intensity	Description	Sub Total (metres)
200	2	Fc	20s	A1	150 Swim / 50 Kick	400
25	8	Fc	30	SPEED	Build each 25m from 70% to 100%	200

Example session plan

Distance to swim (in metres)

The stroke to swim

The effort level to achieve during the set

Total distance swam in set (in metres)

The number of repetitions to complete the set

The amount of rest to take between repetitions (in seconds)

Instructions on how to swim the various elements of the set

Alan's Top Tip provides you with a general focus point to think about during the session

Alan's Top Tip

Start honing your technique so it feels grooved and consistent. Feel the water at the front of the stroke and power developing at the end of the stroke.

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