

Drills and Terminology

BREASTROKE	
Penguin	hands at rear and kick heels towards hands as you raise and chest to breath
s.l. Br	streamline breaststroke kick - return tpo your line
br k	breaststroke kick
br k bk	breaststroke kick on back
3k 1p	3 breaststroke kicks 1 pull
2k 1p	2 breaststroke kicks 1 pull
25r/25l	25 breaststroke right arm only and then 25 breaststroke left arm only
waterbug	Head out of water fast arms
eg k	Egg beater kick
3-3-3	3 right arm 3 left arm 3 full
3fl 3br	3 butterfly strokes 3 breaststrokes

BUTTERFLY	
6k & switch	6 fly kicks on sid, fly stroke to opposite side
flykyb	Fly kick on your back
slflyk	Streamline fly kick
25r /25l	25 right arm only 25 left arm only
3-3-3	3 right arm 3 left arm 3 full
2-2-2	2 right arm 2 left arm 2 full
biondi	Underwater recovery fly drill
hip up	Arms extended in front @11 and 1, press chest, lift hips, no active kick
flykw/brd	Fly kick with board - arms extended with hands flat on top

8k1p/4k1p	8 or 4 kicks with 1 arm pull
sar	Straight arm recovery

FREESTYLE	
s.k	Side kick
12k & r	12 kick and roll
12-3-12	12 kicks on side, 3 strokes, 12 kicks on opposite side
25R /25L	25 freestyle right arm 25c freestyle left arm
ft/wr dr	Zip wrist drag
c.u	Catch up freestyle
L dog	Long dog doggy paddle
hh	High head
flut	Flutter kick
spl	Strokes per lap
dps	Distance per stroke
n/s	Negative split

BACKSTROKE	
s.k	Side kick
12k & r	12 kick and roll
12-3-12	12 kicks on side, 3 strokes, 12 kicks on opposite side
25R / 25L	25 backstroke right arm 25 backstroke left arm
2-2-2	2 right arm backstroke 2 full backstroke 2 left arm backstroke
ft drag	Fingertip wrist drag backstroke

rpm	Sit slightly up and rotate arms quickly
dbl	Double arm backstroke
*catch	Arms reach straight up lead with thumb rotate as arm rises return to side
cu back	Catch up backstroke both arms straight up when arms begins body rotates hand in water, and return

General Miscellaneous Common Terminology	
k	kick
sl	streamline
o	odd
e	even
tech	technique
max	Race pace
p/b	Paddles with band
pad	paddles
d/a	Drop and add IM
les	Least efficient stroke
pr	prime
snork	snorkel
rpm	Rotations per minute (back/free)
n/s	Negative split
des	descend
flut	Flutter kick
uwsflyk	Underwater streamline fly kick

5th stroke	Underwater fly kicks
hhr	High heart rate
n/f	No freestyle
chc	choice
rev	Reverse
dps	Distance per stroke
bd	build