

## Coach Worhatch Swimming Terms & Abbreviations

Stretch: Lunges, Y's, Leg Swings, External Rotations, Hands on hips, Flies, FG Rotate, Streamline

- **KOB** - Kick on Back
- **DK** - Dolphin Kick
- **DKOB** - Dolphin Kick on Back (Streamline)
- **KS** - Kick Switch: Kick on side, after # of kicks take a stroke to switch to other side (ex. 10KS)
- **SpK** - Speed Kick: Fast kicking, add in four arm strokes while keeping fast kick (ex. SDK 8/4)
- **NB** - No Breath
- **UW** - Underwater
- **UWDK** - Underwater Dolphin Kick
- **F** - Fast      **EZ** - Easy      **MOD** - Moderate
- **K** - Kick      **P** - Pull      **S** - Swim
- **Top** - :60 (:00) on the clock      **Bottom** - :30 on the clock
- **Slow Mo** - Slow Motion perfect swimming
- **Build** - Get faster within the swim
- **Descend** - Each swim is faster than the prior one
- **VS** - Variable Speed - Fast/Easy, Easy/Fast, Build, Sprint
- **POH** - Paddle on Head
- **DAB** - Double Arm Backstroke
- **Penguin** - Streamline Kick, then into 11's, once shoulders break surface 4 fast strokes, easy rest of the way.
- **IMO** - IM Order
- **IM WT** - IM Walkthrough
  - Fly/Back, Back/Breast, Breast/Free
- **VK** - Vertical Kick
- **OK** - Over Kick: fast kick with slower arms
- **SC** - Stroke Count
- **HR** - Heart Rate
- **Wall-Flag-Wall (WFW)** - Swim to flags flip there and come back
- **Top Stroke** - Swim your best (top) stroke

## Coach Worhatch Swimming Terms & Abbreviations

Stretch: Lunges, Y's, Leg Swings, External Rotations, Hands on hips, Flies, FG Rotate, Streamline

- **Non-Free** - Swim anything except Free
- **Choice** - You choose one of the four strokes to swim
- **2 Short** - Take two fly strokes than right into two breast strokes, repeat...
- **3 Long** - Take three free strokes than right into three back strokes, repeat...