

# Georgia Tech Triathlon Club - Swimming Information

The following definitions and examples are mean to show the different types possible swimming workouts, and the components of workouts.

--**SBI**: swim base intervals- 100-yard intervals @ moderate aerobic intensity w/ 5 sec rest or 200-y intervals @ moderate aerobic w/ 10 sec rest or single longer swim @ moderate aerobic intensity

ex. 5x100, 10x100, 1500y, 3800y

--**SCD**: swim cool down- easy swim @ recovery int

ex. 350y

--**SDS**: swim drill set: 25-50y intervals of mixed form drills w/ 10 sec rest

ex. 10x25y

--**SFI**: swim fartlek intervals- 100-200y intervals with easy/hard or build/descend format w/ 10-20 sec rest

ex. 5x150y (50 easy/25 hard...)

--**SKS**: swim kick set- 25y intervals kicking only w/ 15 sec rest periods

ex. 10x25y

--**SLI**: swim lactate intervals- 75-150y intervals swum @ VO2 max intensity with rest periods of 20-75 sec

ex. 7x150y w/ 75 sec rest

--**SSI**: swim sprint intervals- 25-50 yard intervals @ speed intensity w/ 20 sec rest

ex. 10x25y

--**STI**: swim threshold intervals- 200y intervals @ threshold intensity w/ 20-45 sec rest

ex. 4x200y w/ 45 sec rest

--**STT**: swim time trial- designated distance swum @ max effort

ex. 1650y

--**SWU**: swim warm up- easy swim @ recovery intensity

ex. 350y easy