



Swim Guidelines

1. Swim in approved areas and with a lifeguard on duty.
2. Wear goggles and swim cap. (Neon colored caps are not only sexy, but safe)
3. Stretch before and warm-up for at least 400-800 yds. before a hard set.
Make sure your shoulders are loose and warmed up.
4. Drink water or fluid replacement during workouts.
Take a water bottle to the pool.
(Pool water is not recommended for fluid replacement.)
5. Consider earplugs if you are susceptible to ear or sinus infections.
6. Enter the water by jumping feet first at the Cal Poly Pool.
No diving. (while lifeguard is looking)
7. Don't drown



The Swim Stroke

Position – Swim downhill, press your chest and head down to keep your legs up and body in line. Keep your body core tight for a straight line (like being on a skewer). And keep your head in a neutral position, like the standing position rotated 90° forward.

Stroke

Entry – dive your hand into the water fingertips first half way between your head and full extension.

Extension – the hand should be flat and about 2” below the surface, feel tall in extension and the body should roll 45 degrees as the body stretches out.

Glide – hold extended position with your opposite arm flat against your side.

Catch – At start of stroke, break your wrist to grab water.

Pull – Feel like reaching over a barrel with elbow slightly bent, elbow should be turned slightly forward, and the hand should remain vertical. Once the hand is below the shoulder, push straight back towards feet, at this point the body is rolling and other arm is going into extension.

Recovery – Glide, and then when hand is back at your side, lift your elbow up, with forearm hanging. Keep your hand close to your body as you bring your recovery hand forward.

-Rinse and Repeat

Lap Swimming 101

The Rec Center Pool is 50 meters (long way) by 25 yards (short way).

One “swimming” lap is one length of the pool (generally 25 yards).

Abbreviations

RI – Rest Interval

DPS – Distance Per Stroke

FTIP – Finger Tip Drag

KOS – Kick on Side

KRLS – Kick, Right arm, Left arm, Swim

BK – Backstroke

BR – Breaststroke

FL – Butterfly

FR – Freestyle

@ – interval, a repeat is begun every X minutes/seconds

Pool Deck Terms

Split The Lane – stay on your designated side of the lane, “right” one direction, “left” the other

Circle Swim / Swim Circles – always stay on the “right” Just like driving a car

Descend – each repeat is swum faster than the last one

Build – each repeat starts slow and ends fast

Ascend – each repeat is swum slower than the last one

Easy – minimal effort, don't swim sloppy

Smooth – low effort, but perfect relaxed strokes, should feel very efficient

Moderate – medium effort, perfect strokes with some power

Strong – medium-high effort, focus on powerful strokes rather than fast strokes

Hard – high effort, fast strokes while trying to maintain power

Sprint – as fast as possible 100% effort