

Join the daily [Palo Alto Masters Daily Emails](#) and get filled in on what every workout will be every day of the week (except Saturdays!)

FR/FREE: Freestyle

BK/BACK: Backstroke

BR/BREAST: Breaststroke

FL: Butterfly

Choice: Your choice of stroke

EZ: Easy

R: Rest

Stroke: Your main stroke

IM: Individual Medley (FL,BK,BR,FR)

IMO: Individual medley order

INT: Interval

RIMO: Reverse IM order (FR,BR,BK,FL)

Negative Split: Second half must be faster than the first half

Build: Slowly raise effort and speed as you go

Accelerate: Max effort breakout + 4 strokes, rest of length is easy

Underwater: Swim the length underwater with no breath as much as you can

DPS: Distance per stroke. Try to minimize your stroke count

HRM: Max heart rate

HVLI: High volume and low intensity

LVHI: Low volume and high intensity

Short Distance: 25-150 Yards

Mid Distance: 150- 300 Yards

Long Distance: 300+ Yards

Descend, D1-4: Descend your time. D 1-4 means the 4th one should be the fastest

Ascend: Start fast and then slow down

Catchup - (Freestyle, backstroke): Start in streamline position with a steady kick. Perform a FR stroke where your hands touch before the next hand begins its motion

Single Arm - (FR,FL,BK): Only use one arm, Reverse arm on the length back

2K.1P: Two kicks for every one pull

Fist(Freestyle): Freestyle with a fist rather than an open palm