



Glossary of terminology

Swimming*

*please note, there is a separate document for swimming drills

Sw = swim

Free = freestyle

dr = drill

P = pull

m = metres

f = fast

e = easy

5x100m = 5 lots of 100m

+10s = take 10seconds rest

On 1min = you do the amount given in that time but this also includes rest. E.g. 8x50m on 1min if you come in on 55seconds, you would have 5seconds rest.

Max = as hard as you can go

Negative split – this means when the second half of the distance is faster than the first half

WU: warm up

MS: main set

CD: cool down

Cycling

HC- high cadence (get into an easy gear and spin your legs as fast as you can – high cadence is 100RPM or more)

RPM – revolutions per minute = if you don't have a cadence sensor, you can count your cadence every now and then to check you are on track. Count one leg for 15secs and x4 = this will give you the cadence for a minute

BG = big gear = this is mostly 60-70 RPM you go into as hard a gear as you can push and maintain 60-70RPM. You want to be moving, so you should aim to be putting as much power down as you can!

Spin = like high cadence but not as high! This is easy spinning the legs between 90-100rpm – comfortably

Left/right leg only drills – can be done on road or on turbo, if clipped in and on turbo, take the other foot out of the cleats and just turn one leg, if not clipped in and/ or on the road just aim to take the power out of the one leg and only use the other. This is slightly more tricky but you can still get a high proportion of the effort going through one leg. We do these drills specifically to focus in one the smooth pedal action: lifting with the hamstring/ glutes and foot, rolling over the top, applying force as soon as you are over and pushing down through the quads/ hamstring and glutes. Push down with your heels, scrape poo off your shoe at the bottom of the stroke and repeat.

Body check – this is just to check your position on the bike during a session, to make sure you are relaxed:

Feet and knees – that you are scraping the mud off your shoe and your knees are in line

Glutes/ hamstrings – that you are using these and not allowing the quads to do all the work

Seat – check the seat position, are you at the front or back of the seat, where should you be?

Lower back – check it is flat and that you haven't slumped

Core – the core should be working , tense it to check if it is

Shoulders – these should be relaxed

Hands and fingers – hands are in the correct place and relaxed – wriggle your fingers to make sure (play the piano)

Head – position, check you are looking ahead of you, not down

Running

Strides – you will run a short distance with a focus on technique and increase your pace as you work your way through the repeat efforts

RI – rest interval

JR – jog recovery

WR- walk recovery