

COACH KATHARINA

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SWIM DICTIONARY

Abkürzung / Abbreviation	Deutsch	English
@ 3:00	Startintervall alle 3 Minuten	start interval every 3 minutes
2,3,4 ... stroke / breathing pattern		breath on every 2nd, 3rd, 4th ... stroke
20"	20 Sekunden	20 seconds
2er, 3er, 4er... Atmung / Zug	jeden 2., 3., 4. Zug atmen	
3'	3 Minuten	3 minutes
Ab / Catch Up	Abschlag	Catch Up Drills
alt.	alternierend	alternating
aus / cool down	ausschwimmen	cool-down
Be / Kicks	Beine	Kicking / Leg Drills
Br / Breast	Brust	Breaststroke
De / Fly	Delphin	Butterfly
ein / warm up	einschwimmen	warm-up
Flossen / Fins	Flossen	Fins
Ga / Full Tempo	Ganzes Tempo ('normal')	full tempo ('normal' style)
GAI kurz / BE in	in % von HFmax (ca.) 75-85 (RPE: 5-6)	in % of HRmax (roughly) 75-85 (RPE: 5-6)
GAI lang / BE ex	in % von HFmax (ca.) 65-75 (RPE: 3-4)	in % of HRmax (roughly) 65-75 (RPE: 3-4)
GAI/II / BEI/II	in % von HFmax (ca.) 85-95 (RPE: 7-8)	in % of HRmax (roughly) 85-95 (RPE: 7-8)
GAII / BEII	in % von HFmax (ca.) 95-100 (RPE: 9-10)	in % of HRmax (roughly) 95-100 (RPE: 9-10)
HL	Hauptlage	
Kr / Crawl / Free	Kraul	Crawl / Freestyle
La / Medley	Lagen (De, Rü, Br, Kr)	Medley (Fly, Back, Breast, Free)
La Ab verk. / Medley Catch Up bw.	Lagen Abschlag verkehrt	Medley Catch Up backwards
La verk. / Medley backwards	Lagen (Kr, Br, Rü, De)	Medley backwards (Free, Breast, Back, Fly)
lo / easy	locker schwimmen / aktive Regeneration	easy swim / active recovery
NL	Nebenlage	
Pd	Paddles	Paddles
progr.	progressiv (steigern)	progressive (getting faster)
Pull	Pullbuoy	Pullbuoy
RPE	Rating of Perceived Exertion / Skala Wahrnehmung	Rating of Perceived Exertion
Rü / Back	Rücken	Backstroke
Te / Te	Technik	Technique
WSA / Race Pace	Wettkampf Spezifische Ausdauer	Race Pace