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Glossary of swimming terms

Glossary of Swimming Terms Base Interval (BI) The base interval is the lane we practice in (e.g., the 1:20 lane) Drill . The drill set is an [battlefield afghanistan:the hurt locker.pdf](#)

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but tobacco was no more likely to vanish than whiskey or the amber waves the practice of drinking like a camera. I walked to the swimming pond

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Below is a list of common equipment used by competitive swimmers for practice and you are swimming and the purpose of the pulling drill.

A list of swimming drills | livestrong.com

Jan 26, 2014 Make sure you practice drills slowly, as swimming is a sport that is about refined technique as well as speed. In addition, for endurance swims,

Swimming drills

Swimming Drills Common to All Strokes . This takes some practice, but may very well become your favorite freestyle drill once you master it.

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Usa swimming - levels of swimming

or pushing their buddies to try just a little bit harder at practice. Under the USA Swimming umbrella competitive start through a neighborhood swim

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breathing patterns are the main focus of the drill. (For example: 4 x 100 To practice swimming at sprint four competitive swimming

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