DUOSWIM / WORKOUT READING

Swim workout notation

A one-page reference for reading repeats, distance and timing.

Notation examples, not a workout. These numbers explain existing instructions. They are not recommended targets or rest periods.

1. Repeats × distance	**4 × 50m = 200m** Four repeats of 50m. Each 50m is two lengths in a 25m pool or one in a 50m pool: eight or four lengths overall. Four repeats of 50 yards total 200 yards, not 200 metres.
2. Read the task	**1 × 300m Mixed** The example's 100 Free · 100 Back · 100 Free divides one repeat into three parts: 100 + 100 + 100 = 300m. Free means freestyle; Back means backstroke. It is not three repeats of 300m.
3. Target + rest	**Target 1:04 + rest 0:06 = 1:10** 64 seconds + 6 seconds = 70 seconds. These are planned values in the App example, not recorded results. Read the target and rest for every repeat.
4. Rest or send-off?	**Fixed rest:** the specified rest period starts after each repeat finishes. **Send-off:** the time between starts. A 1:20 swim on a 1:30 send-off leaves 10 seconds before the next start. An unexplained time can be ambiguous; check the instructions.
5. Repeat time or pace?	**1:04 for 50m = 2:08 per 100m at the same speed** 64 seconds × 2 = 128 seconds. This conversion does not predict a 100m result or set a training target. Check the distance and unit before comparing times.

Reading order

Overview → repeats → distance and unit → stroke or task → timing. A displayed workout duration is a planning estimate, not a guarantee of pool time.

Full explanation, real App screen and source references

https://www.duoswim.com/guides/how-to-read-a-swim-workout

General definitions: U.S. Masters Swimming, workout terminology and rest/send-off definitions. Original examples and arithmetic: DuoSwim. Reference prepared 1 November 2026.