

1. VERBS

In Greek, there are three types of verb: *de* verbs, *contract* verbs, and *er* verbs. Greek verbs have six principal parts. Each part is used to create specific tenses.

The **first** is used for the **present** and the **imperfect** in all **voices**.
The **third** is used for the **active** and **middle**.
The **sixth** is for the **perfect** and **pluperfect** **middle/passive**.

The **second** is used for the **future** **active** and **middle**.
The **fourth** is for the **perfect** and **pluperfect** **active**.
The **fifth** is for the **active** and the **future** **passive**.

PRIMARY ENDINGS:
SECONDARY ENDINGS:

ACTIVE - **ω/αι, ες, ει, ην, η, ον**
ACTIVE - **ων/αι, ες, ε, ην, η, ον**

MIDDLE/PASSIVE: **οι, οι, ις, ις, ην, η, ον, ον**
MIDDLE/PASSIVE: **ων, οι, ις, ις, ην, η, ον, ον**

FIRST PRINCIPAL PART

PRESENT TENSE		-ει verbs	Αἶμα	"I love"	αι (present stem) + endings	
		ἀγαπᾷ (pres., imperf.), ἀγαπᾷ (fut.), ἀγαπᾷ (aorist act.), ἀγαπᾷ (perf./plup. act.), ἀγαπᾷ (perf., plup. pass.) ἀγαπᾷ (aorist, fut. pass.)				
Indicative	Active	1 st singular	ἀγαπᾷ	1 st singular	ἀγαπᾷ	1 st plural
	Mid/Passive	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
Subjunctive	Active	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
	Mid/Passive	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
Optative	Active	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
	Mid/Passive	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
Imperative	Active	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
	Mid/Passive	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
Participle	Active	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
Infinitive	Active	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ	ἀγαπᾷ
<u>Contract Verbs</u>		-ει verbs	τιμᾷ	"I honor"	τιμᾷ (present stem) + endings	
		τιμᾷ (pres., imperf.), τιμᾷ (fut.), τιμᾷ (aorist act.), τιμᾷ (perf./plup. act.), τιμᾷ (perf., plup. pass.) τιμᾷ (aorist, fut. pass.)				
Indicative	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
	Mid/Passive	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
Subjunctive	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
	Mid/Passive	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
Optative	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
	or Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
	Mid/Passive	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
Imperative	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
	Mid/Passive	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
Participle	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
Infinitive	Active	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ	τιμᾷ
<u>Contract Verbs</u>		-ει verbs	ποιᾷ	"I do, make"	ποιᾷ (present stem) + endings	
		ποιᾷ (pres., imperf.), ποιᾷ (fut.), ποιᾷ (aorist act.), ποιᾷ (perf./plup. act.), ποιᾷ (perf., plup. pass.) ποιᾷ (aorist, fut. pass.)				
Indicative	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
	Mid/Passive	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
Subjunctive	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
	Mid/Passive	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
Optative	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
	or Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
	Mid/Passive	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
Imperative	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
	Mid/Passive	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
Participle	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
Infinitive	Active	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ	ποιᾷ
<u>Contract Verbs</u>		-ει verbs	διδᾷ	"I show"	διδᾷ (present stem) + endings	
		διδᾷ (pres., imperf.), διδᾷ (fut.), διδᾷ (aorist act.), διδᾷ (perf./plup. act.), διδᾷ (perf., plup. pass.) διδᾷ (aorist, fut. pass.)				
Indicative	Active	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
	Mid/Passive	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
Subjunctive	Active	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
	Mid/Passive	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
Optative	Active	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
	or Active	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
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Participle	Active	διδᾷ	διδᾷ	διδᾷ	διδᾷ	διδᾷ
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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web upgrade your account to create a workout use these in the base field to set your intervals for usrpt sets 25s 45 to 50 50s
5 to 15 100s 5 to 0 the inclusion of usrpt swim sets in the average swimmer s training program has become increasingly
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web dec 21 2022 citation 46 this is similar to ar within a usrpt set for example a set is terminated when an individual cannot
sustain the prescribed swimming interval velocity on 2 3 occasions see figure 1 rushall citation 44 suggests that day to day
life stressors influence a swimmer s ability during training thus the inclusion of ar within