thrash /θræʃ / verb

1. to hit a person or an animal many times with a stick, etc. as a punishment
2. to move or make something move in a way that is violent or shows a loss of control

***CSAPP:***

**in a conflict miss as we thrash back and forth between blocks of x and y. The term thrashing describes any situation where a cache is repeatedly loading and evicting the same sets of cache blocks**