

TRAINING RECORD

A copy of the detailed training schedule for each training session can be obtained from the Head Coaches on training days.

DAY	Week Starting		Week Starting		Week Starting		Week Starting	
	Focus Point	METRES	Focus Point	METRES	Focus Point	METRES	Focus Point	METRES
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
	Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week		Total Meters swam in the week	
How did I feel about training this week								

COPY THIS BLANK SHEET FOR MORE TRAINING RECORD PAGES

PERSONAL GOALS

This section of your Log Book is dedicated to the goals that you want to achieve in swimming whilst with City of Lincoln Pentaqua Swimming Club. It provides a structure for you to consider and document your goals and progress on a quarterly basis. Be SMART when writing your goals, make them **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imebound

October to December	Goal	Progress as at : 31/10	Progress as at: 30/11	Progress as at: 31/12
January to March	Goal	Progress as at : 31/01	Progress as at : 28/02	Progress as at : 31/03

PERSONAL GOALS

April to June	Goal	Progress as at : 30/04	Progress as at: 31/05	Progress as at : 30/06
July to September	Goal	Progress as at : 31/07	Progress as at : 31/08	Progress as at : 30/09

Notes

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Important Dates to Remember

Month	Dates	Event	Comments
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

