

**Swimming**

**Log Book**

**2021**



**Swimmers Name**

**Guidelines for Effective Goal Setting**

The goals you set yourself to help improve your swimming should be:

**S**pecific

Instead of *“I want to improve my 50m*

*freestyle”, be more specific, such as*. *“I*

*want to improve my 50m freestyle turn”,*

*giving you more to* focus on in training.

**M**easurable

Make sure you will know when you have

reached your goal. For example, using a

time as a target will make this easier.

**A**chievable

Speak to your coach about the goals you

set. They will tell you if it is within your

capabilities.

**R**ealistic

Setting a goal that is too challenging will

not help your self-confidence because you

are not likely to achieve it.

**T**ime-measured

Give yourself clear deadlines. Set them in

line with any competitions you have

coming up.

**E**xciting

Your goals must allow you to enjoy the

challenge of achieving them.

**R**ecorded

Write down your goals – it will make you

more determined to achieve them and

help you monitor progress.



**Personal Goals**

1. **Short Term Goals (This Year):**

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1. **Mid Term Goals (Next Year):**

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1. **Long Term Goals (In 2-3 Years):**

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**Signed** (Swimmer)………………………………………….........................................

**Signed** (Coach)............................................................................

**Date** (of goal setting).......................................................................

**TRAINING LOG DATE: …………………………………………………**

|  |  |  |  |
| --- | --- | --- | --- |
| Date | Session  Volume | Comments | HowKVBN I felt |
| MONDAY AM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| MONDAY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| TUESDAY AM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| TUEDASY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| WEDNESDAY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| THURSDAY AM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| THURSDAY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| Date | Session  Volume | Comments | How I felt |
| FRIDAY AM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness**  1 2 3 4 5  **Diet** 1 2 3 4 5 **Resting HR:** |
| FRIDAY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| SUNDAY GYM & LAND TRAINING |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| SUNDAY PM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| MONDAY AM |  |  | **Fatigue** 1 2 3 4 5 **Health** 1 2 3 4 5 **Muscle soreness** 1 2 3 4 5 **Diet** 1 2 3 4 5 **Resting HR:** |
| TOTAL | VOLUME: |  |  |
| EXTRA TRAINING SESSIONS/EXTRA SCHOOL ACTIVITIES | VOLUME (TIME/DISTANCE) |  |  |
| `Comments from Coach: | | | |

5=BEST 1=WORST