

Training Log - Week # \_\_\_\_\_

Thought for the week: \_\_\_\_\_

Training Sessions I attended: \_\_\_\_\_

What I improved upon most this week: \_\_\_\_\_

What I need to work on next week: \_\_\_\_\_

Rate your week:

1 = very bad; 5 = very good	1	2	3	4	5
Health					
Confidence					
Energy					
Enthusiasm					

Meet (if you swam one): \_\_\_\_\_

Event	Time	PB?	Notes:

Meet (if you swam one): \_\_\_\_\_

Event	Time	PB?	Notes: