



'Swim and be loyal with Devonport Royal'

DEVONPORT ROYAL SWIMMERS
LOG BOOK

Name:

Weekly training volumes

Name:

Week no	Week ending	Total weekly volume	Total monthly volume	Total cumulative volume	Land training hours
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Name:

Week no	Week ending	Total weekly volume	Total monthly volume	Total cumulative volume	Land training hours
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					

Stroke Technique goals

Stroke	Starts	Turns	Key stroke technique points to improve
Fly			
Backstroke			
Breaststroke			
Frontcrawl			
Individual Medley			

Personal Goals

Short term goals Within the next 3-12 months		
Medium term goals Within the next year - 3 years		
Long term goals Within the next 4 -10 years and beyond		

Current personal best times

Event	Current short course PB	Current long course PB
50 frontcrawl		
100 frontcrawl		
200 frontcrawl		
400 frontcrawl		
800/1500 frontcrawl		
50 butterfly		
100 butterfly		
200 butterfly		
50 backstroke		
100 backstroke		
200 backstroke		
50 breaststroke		
100 breaststroke		
200 breaststroke		
100 Individual medley		
200 Individual medley		
400 Individual medley		

Date	Meet/ Time trial	SC/LC	Event	Time	Splits	Stroke counts	Comments

Devonport Royal swim squad – Weekly log sheet

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Main set:	Main set:	Main set:	Main set:	Main set:	Main set:	Main set:
PM	Main set:	Main set:	Main set:	Main set:	Main set:	Main set:	Main set:
Daily Volume							
Daily Hours							
Resting HR							
Athlete comments							

Coach Comments:
