



'Swim and be loyal with Devonport Royal'

DEVONPORT ROYAL SWIMMERS

**LOG BOOK**

**Name:**





# Stroke Technique goals

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

# Personal Goals

<p><b>Short term goals</b> Within the next 3-12 months</p>		
<p><b>Medium term goals</b> Within the next year – 3 years</p>		
<p><b>Long term goals</b> Within the next 4 –10 years and beyond</p>		

## Current personal best times

<b>Event</b>	<b>Current short course PB</b>	<b>Current long course PB</b>
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		





# Devonport Royal swim squad – Weekly log sheet

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

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