



NAME: _____

GOAL: 54,000 Yards of Swimming & 48 Total Workouts

Complete 48 workouts which includes 54,000 swim yards, at least 9 land based workouts, 2 sets of 5 x 200's on Fastest Interval (Free and I.M.,) and 300 Free & 300 I.M./or 500 Free for time.

							WEEKLY TOTALS	
SUN	MON	TUES	WED	THURS	FRI	SAT	Yardage	Workouts
	April 11	12	13	14	15	16	Weekly	
17	18	19	20	21	22	23	Cumulative	
24	25	26	27	28	29	30		
May 1	2	3	4	5	6	7		
8	9	10	11	12	13	14		
15	16	17	18	19	20	21		
22	23	24	25	26	27	28		
29	30	31	June 1	2	3	4		
5	6	7	8	9	10	11		
12								
							FINAL TOTALS	

TIMED SETS:

5 x 200 Free _____ (Interval) _____ (Average Time)

5 x 200 I.M. _____ (Interval) _____ (Average Time)

300 Free _____ 300 I.M. _____ or 500 Free _____

KEY

Swim = record yardage	Ski = SK
Strength Training (40') + Abs (10') = ST+A	Pilates = P
Aerobics (40') + Abs (10') = AE+A	Exercise/Aerobic, Dance Class = C
Aerobics (20')/Strength(20')/Abs(10') = AE/ST+A	Yoga = Y
Golf = G	Dailey Method = DM
Tennis = T	Other = Write In

