

WEEKLY TRAINING LOG 1 = ② 5 = ③ Week beginning

Day	Session volume (metres) And length (hours)	Details of main set/emphasis	How I felt (put a ring around the relevant number)
			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 _____ 1min _____ 2min _____ 3min _____
			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 _____ 1min _____ 2min _____ 3min _____
			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 _____ 1min _____ 2min _____ 3min _____
			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 _____ 1min _____ 2min _____ 3min _____
			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 _____ 1min _____ 2min _____ 3min _____

TOTAL WEEKLY METRES = How I would rate my training this week: 1 2 3 4 5

1	My overall performance in pool sessions	6	The distance I achieve off the wall after all my turns
2	My attitude in pool sessions	7	The quality and speed of my underwater dolphin kicking
3	My commitment to improving my flexibility	8	The quality of my technique when swimming at maximum speed
4	The quality of my streamlining after every push off and turn	9	How regularly and accurately I count my strokes
5	The speed and technical quality of my turns	10	How regularly and accurately I check my heart rate

Coach's comments.....