

Training Log - Week # _____

Lesson for the week in your own words:

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 2 = Very Good	1	2	3	4	5
Health					
Confidence					
Energy					
Enthusiasm					

Meet (if you swam one): _____

Event	Time	PB?	Notes