



SWIMMER'S LOG BOOK

Introduction

Your log book is for you to record your swimming training and competition information.

Personal Information - Record your personal information and your height and weight quarterly.

Targets. - Qualifying times you would like to achieve at the next Open Meet or by a certain date. In the mid term, maybe you would like to reach a County or Regional Championship final, and in the long term perhaps you would like to achieve a National time.

Target Times - Record the target times and times achieved in competition.

Competition log - Record any comments about your swims i.e. how you felt, what you ate before and during the meet, how much you drank. This is useful as it can sometimes explain why you swam well or why it wasn't as you'd hoped. There is a space for your coach to comment too after the Meet.

Training log - To be completed after each training session to record the main emphasis of session, i.e. no. of metres swum, your comments, ratings for fatigue, muscle soreness, health and diet and your resting HR.

When you have used all the sheets provided, extra sheets can be printed from the NPSC website.

Personal Details

Name:

Address:

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Home tel. no:

Mobile tel. no:

Emergency contact details:

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Medical information e.g. allergies, medication etc.

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Date of Birth:

ASA Registration no:

Hobbies, other sports:

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Height and Weight Record

	Height	Weight	Notes
Q1			
Q2			
Q3			
Q4			
Q1			
Q2			
Q3			
Q4			
Q1			
Q2			
Q3			
Q4			

Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

- S**pecific Instead of simply saying “*I want to improve my 50m freestyle*”, say what you want to improve *about it*, e.g. “*I want to improve my 50m freestyle turn*”. This will give you a specific focus to work on in training.
- M**easurable Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.
- A**greed Speak to your coach about the goals you set. They will tell you if it is suitable
- R**ealistic Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it. Try not to make it overly difficult.
- T**ime Measured Give yourself a deadline to reach your goal, e.g.in 6 months time. You can adapt this time range according to what competitions you have coming up.
- E**xciting Your goal must not be too easy
- R**ecorded Write down your goals – it will make you more determined to achieve them and help you monitor progress.

Personal Goals

Short Term (This year)	
Mid Term (Next year)	
Long Term (In a few years time)	
Signed by Swimmer	
Date of goal setting exercise	
Signed by Coach	

Competition Recording Log

Date:.....Meet: Venue:

Event	Time	Comments

Comments from Coach

Competition Recording Log

Date:.....Meet: Venue:

Event	Time	Comments

Comments from Coach

TRAINING LOG – Week Beginning

	Session /Metres	Comments	How I felt	
Mon			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Tue			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Thu			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Fri			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Sat			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Sun			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7

Comments from Coach

Note: 7 indicates: Sleep – Very Sleepy, Fatigue – Exhausted, Muscle Soreness – Very Sore

TRAINING LOG – Week Beginning

	Session /Metres	Comments	How I felt	
Mon			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Tue			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Thu			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
Fri			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7
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HR:			Fatigue	1 2 3 4 5 6 7
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			Stress	1 2 3 4 5 6 7
Sun			Sleep	1 2 3 4 5 6 7
HR:			Fatigue	1 2 3 4 5 6 7
_____			Muscle Soreness	1 2 3 4 5 6 7
			Appetite	1 2 3 4 5 6 7
			Health	1 2 3 4 5 6 7
			Stress	1 2 3 4 5 6 7

Comments from Coach

Appetite – Ravenous, Health – Unwell, Stress – Very stressed