



# Swimmer Log Book

Name.....

Date.....



Affiliated Club

## **Purpose of the Log Book**

This Log Book is for you to track your goals, personal achievements and progress in swimming whilst you are a member of Southwold Swimming Club.

We will do all we can to help you achieve the highest standard for your ability

This Log Book should be used to:

- ❑ Document the training sets and volume you have completed in each training session
- ❑ Write down how you felt during training (e.g. tired, energetic etc)
- ❑ Record your Personal Best (PB) times
- ❑ Record race times you have achieved at different meets
- ❑ Document the advice given to you by your coach about a competitive swim or training
- ❑ Record your Goals for the future (short and long term) in swimming.

This Log Book is yours to document your progress in swimming and the coaches in will be happy at any time to discuss your goals and progress towards them.

You need to keep this up to date, not your parents! Your coach may ask to see this at any time for a review.

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## Personal Profile

Name	
Date of Birth	
Parents Names	
Home Address	
Home/Mobile Telephone Number	
Email contact address	
Main Event(s)	
Best Results	
Best Swimming Experience	
Coach	
Coaches Telephone Numbers	
Coaches Email contact address	

**Height:**

Date	Height	Date	Height	Date	Height

**Weight:**

Date	Weight	Date	Weight	Date	Weight

## Personal Goals

Short Term (This cycle):	
Mid Term (the coming season):	
Long Term (major ambition):	
Signed by Swimmer	
Signed by Coach	

# Southwold Swimming Club Training Log Book

Date of Goal Setting Exercise	

## Strengths & Weaknesses

<b>Strengths:</b>	
<b>Weaknesses:</b>	

## Long Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

<i>Long Course</i>					
<b>Stroke/Date</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>400</b>	<b>800/1500</b>
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					

## Short Course Personal Best Times

Insert current personal best times along with splits, stroke counts, stroke rates and date of swim.

<i>Short Course</i>					
<b>Stroke/Date</b>	<b>50</b>	<b>100</b>	<b>200</b>	<b>400</b>	<b>800/1500</b>
Butterfly					
Backstroke					
Breaststroke					
Freestyle					
IM					









## Weekly Training Log

	Monday	Tuesday	Weds	Thursday	Friday	Saturday	Sunday
AM Insert emphasis of each session and each sessions total volume.							
PM							
Daily volume							
Resting HR							
	Stress	Sleep	Appetite	Muscle soreness	Fatigue	Weight Optional	Other
Monday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Tuesday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Weds	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Thursday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Friday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Saturday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7
Sunday	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7	1 2 3 4 5 6 7

**NOTES:**

## Weekly Volume Recording Sheet

<b>Week</b>	<b>Week Commencing</b>	<b>Weekly Volume</b>	<b>Running Volume Totals</b>	<b>Avg Weekly Volume</b>	<b>No of Sessions</b>
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					

Southwold Swimming Club Training Log

<b>Week</b>	<b>Week Commencing</b>	<b>Weekly Volume</b>	<b>Running Volume Totals</b>	<b>Avg Weekly Volume</b>	<b>No of Sessions</b>
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					
41					
42					
43					
44					
45					
46					
47					
48					
49					
50					
51					
52					

## Training & Racing Tips

- ❑ Contrary to popular belief training itself does not make you fitter. In fact after a training session your capacity to do work has decreased! It is how well you subsequently recover from the training that is important. For good recovery a healthy diet and plenty of sleep are essential.
- ❑ Treat every training session like making a deposit at a bank. When you race you are withdrawing from the bank. The more you save the more you can spend at races.
- ❑ Take a daily multi-vitamin and minerals supplement. You should not need it if you have a balanced diet, unfortunately most people don't. It won't harm you and consider it like an insurance policy.
- ❑ Eat something within 30 mins of completing training, it will help you replace the energy you have used and you will be more recovered for the next session. Something high in carbohydrate is needed, a piece of fruit is ideal. After an especially draining session something a bit more substantial is needed with carbohydrate and protein, such as a milkshake.
- ❑ Eat at least 1 hour before training and don't eat too much, or food that is too fatty. Training should be physically challenging and feeling sick is not nice!
- ❑ Visit the toilet before the start and arrive on the poolside at least 5 mins before the session starts.
- ❑ Make sure you arrive fully hydrated before a training session. Swimmers do not lose fluids at the same rate as land endurance athletes. There should be no need to drink a lot in a 60min session if you are well hydrated at the start. Bring a drink to the session and do not share drinks bottles. Expensive sports drinks are not needed. Plain water will do or weak squash if you need it.
- ❑ Try to streamline properly on all starts and turns and practice correct finishes on all training sets. Sloppy training will result in racing below your ability.
- ❑ Don't forget your inhaler if you need one.
- ❑ Have a spare pair of training goggles in your bag, keep them well adjusted and in good condition
- ❑ Have a special pair of goggles properly adjusted and just use them for racing (they need to be tighter!). You need to take a spare pair to races as well.
- ❑ Don't train if you are unwell you will just delay getting better. Speak to your coach if you think you might have a problem.
- ❑ If your goggles "fog" up make sure you clean them inside and out with warm soapy water to try to re-activate the anti-fog coating. If this does not work you can try anti-fog solution.
- ❑ Some swimmers are prone to ear infections. If your ears hurt you need to see a doctor and may need an anti-biotic prescription. You can get a product called "Ear Calm" from a chemist without prescription that could help.
- ❑ "Race Suits" are designed to be used dry so the water runs off them better. Warm up in a training costume and then change into your race costume if possible.
- ❑ It is important to keep warm after a session and prevent chills, so wear a hat to keep your head warm outside after swimming, girls with wet long hair especially.
- ❑ Always take a t-shirt and a pair of pool sandals to galas and wear them in between races.
- ❑ Take at least 2 towels to galas or a chamois towel to dry between races and warm ups. You need a dry towel at the end.

**\*If you have a special tip to share with others please let us know**

**NOTES:**