



Petal & Paper

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Swimming training log



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P O O L S E S S I O N

swim log

Date · ____ **Pool:** ____ **Length:** ____m **Session** ____

Warm-up · ____ lengths ____ mins **Stroke:** ____

Main set · ____ lengths ____ mins **Stroke:** ____

Cool-down · ____ lengths ____ mins

Total lengths · ____ **Distance:** ____m / ____km **Time:** ____

How it felt · ____/5 **Technique focus:** _____

Goal for next session · _____

E V E R Y L E N G T H I S P R O G R E S S

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