



Petal & Paper

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Swimming training log



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THIS MONTH IN THE POOL

swimming log

Week 1

Session 1: Date ____ Pool ____ Distance ____m
Time ____ Stroke ____ Feel ____/5
Session 2: Date ____ Distance ____m Time ____
Stroke ____ Feel ____/5
Session 3: Date ____ Distance ____m Time ____
Stroke ____ Feel ____/5
Week 1 total: ____m Sessions: ____

Weeks 3–4

Week 3 total: ____m Sessions: ____
Week 4 total: ____m Sessions: ____
Month total: ____m Sessions: ____
Fastest 100m: ____ Date: ____

Week 2

Session 1: Date ____ Distance ____m Time ____
Stroke ____ Feel ____/5
Session 2: Date ____ Distance ____m Time ____
Stroke ____ Feel ____/5
Session 3: Date ____ Distance ____m Time ____
Stroke ____ Feel ____/5
Week 2 total: ____m Sessions: ____

Skills and drills

Working on: _____
Drill practiced: _____
Next goal: _____
Lesson / coach notes: _____