



NAME	MAX HEART RATE	DATE
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FLY START			FLY TURN			FLY-BK TURN		
BK START			BK TURN			BK-BR TURN		
BR START			BR TURN			BR-FR TURN		
FR START			FR TURN					

SET DESCRIPTION					SET DESCRIPTION				
TIME	HR	STR/CT	OTHER	NOTES	TIME	HR	STR/CT	OTHER	NOTES
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
9					9				
10					10				
11					11				
12					12				
13					13				
14					14				
15					15				
16					16				
17					17				
18					18				
19					19				
20					20				

SET DESCRIPTION					SET DESCRIPTION				
TIME	HR	STR/CT	OTHER	NOTES	TIME	HR	STR/CT	OTHER	NOTES
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
7					7				
8					8				
9					9				
10					10				
11					11				
12					12				
13					13				
14					14				
15					15				
16					16				
17					17				
18					18				
19					19				
20					20				

THINGS I NEED TO WORK ON

FLY

- 1
- 2
- 3
- 4
- 5

BACK

- 1
- 2
- 3
- 4
- 5

BREAST

- 1
- 2
- 3
- 4
- 5

FREE

- 1
- 2
- 3
- 4
- 5

IM

- 1
- 2
- 3
- 4
- 5

OTHER NOTES STARTS TURNS TRANSITIONS AND UNDERWATER

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

USE MATT LAMINATING PAPER NOT GLOSS / WITH PENCIL / ERASER
PLACE BOTH SHEETS BACK TO BACK TO CREATE DOUBLE SIDED SHEET
CUT 2CM OFF ALL EDGES OF PAPER BEFORE LAMINATING TO ALLOW GLUE TO SEAL EDGES