

# Chippenham ASC Training Log

## HOW TO USE YOUR LOG BOOK

This log book is for you to record your swimming training and competition information. At the beginning is a page to record your **personal information**.

The next two pages are about **goal setting**. Perhaps there are certain qualifying times you would like to achieve at the next Open Meet. 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.

The next few pages are for you to record **personal bests** and times achieved in competition. The competition log is for use at meets and championships and for you to 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 very useful as it can sometimes explain why you swam so well or why it wasn't as you'd hoped.

**Medical and supplements information.** Record as appropriate

**Injury and treatment.** Record as appropriate

**Pre race warm up.** Record of your warm up for key races.

**Weekly volume training record.** The Head Coach issues sessions plans for each training session. These can be added to your training log. The weekly volume training log shows the amount of training you have completed through the year.

# Chippenham ASC Training Log

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# Chippenham ASC Training Log

## Swimmer Details

Name	
Date of Birth	
Parents Names	
Home Address	
Home Telephone Number	
Mothers Mobile and Work Telephone Numbers	
Fathers Mobile and Work Telephone Numbers	
Email contact address	
Main Event(s)	
National Results Year:	
Best Swimming Experience	
Club	
Training Programme/Group	
Coach	
Coaches Telephone Numbers	
Coaches Email contact address	

# Chippenham ASC Training Log

## Goal Setting

**Date:** .

Short Term (This cycle):	
Mid Term (the coming season):	
Long Term (major ambition):	
Signed by Swimmer	
Signed by Coach	
Date of Goal Setting Exercise	

# Chippenham ASC Training Log

## 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					

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## Short Course Personal Best Times

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

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Butterfly					
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Freestyle					
IM					

# Chippenham ASC Training Log

## Performance Recording Log

Date	Meet	SC/LC	Event	Time	Splits	Rates	Counts	Comments





## **Chippenham ASC Training Log**

### **My Pre Race Warm Up for Main Events**

My main event is

Record below your pre race warm up for your main event.

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**Chippenham ASC Training Log**  
**Weekly Volume Recording Sheet**

<b>Week</b>	<b>Week Commencing</b>	<b>Weekly Volume</b>	<b>Running Volume Totals</b>	<b>Average Weekly Volume</b>
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
<b>Totals C/F</b>				

## Chippenham ASC Training Log

		Weekly Volume	Running Volume Totals	Average Weekly Volume
<b>Totals B/F</b>				
Week	Week Commencing			
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
<b>Totals C/F</b>				

## Chippenham ASC Training Log

		Weekly Volume	Running Volume Totals	Average Weekly Volume
<b>Total B/F</b>				
Week	Week Commencing			
<b>41</b>				
<b>42</b>				
<b>43</b>				
<b>44</b>				
<b>45</b>				
<b>46</b>				
<b>47</b>				
<b>48</b>				
<b>49</b>				
<b>50</b>				
<b>51</b>				
<b>52</b>				
<b>Totals</b>				