

Name _____

Did you achieve your goals for the last year Y/N Which event did you improve the MOST _____ LEAST _____

Long term swim goals: 1 Year from now? _____ 4 Years from now? _____

Race Goals

EVENT	CURRENT TIME	GOAL TIME	Halfway Split

How will you get there...

of WLOO practices per week (Put an "X" in Waterloo practices you will attend)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						
PM						

Practice Goals (describe how you will approach each swim practice)

Kick Set Goals (insert interval based on 25 yd pool)

20x50 @ _____ current _____ goal; 10x100 @ _____ current _____ goal

Test Set Goals (insert interval based on 25 yd pool)

Current Best Interval 20x50 = _____; 20x50 interval in next 6 months = _____

Current Best Interval 6x100 = _____; 6x100 interval in next 6 months = _____

Beyond swim practice (describe any additional goals / exercise you plan to do besides with WLOO)

Feedback on practice: describe what you like...and...if you were the coach what you would change in practice
