



## SWIMMERS LOG BOOK

This is YOUR logbook, and you should take time to sit down with your coaches and go through it to learn how to complete it. Then, it is YOUR job to make sure it is kept up to date (not your coaches' or your parents').

Your logbook has information about your swimming that is intended to help you. There is space to record your height and weight each month (it's important for your coaches to know if you are growing – as it impacts your training), there is space daily training logs, competition results, personal bests, goals, and more.

Your coaches will spend some time teaching you how to set goals. Goals should be something that can be measured and achieved, and there are different kinds of goals – goals for a specific practice, goals for a meet, and long term goals that can be many months (or even years) away. Not every goal you set has to be about making a best time, it could be nutritional or working on a winning mindset. Each time you achieve a goal, write it down and celebrate – then set the next goal to reach.

Keep a record of your competition times and your own personal bests. Keep your times up to date.

After a training session, try to make a note of how you rate your performance, and anything you want to improve upon next time. Stroke counts are important and so easy to take. Each time you swim, check at least once or twice during the session how many arm strokes you are taking for a length of the pool. Keep a note in your journal.

You can print more “Training Log” sheets to add to your book, so you will have enough to take you from the first week of Team Training through Championships. If you plan to train on your own, print out extra “Training Log” sheets from the Team Website as you need them.

Each week, you should sum up your practices for the week. Make any notes about how you felt and swam, record your performance at meets, etc. You can find more Weekly Summary Sheets on the website.

Each month, you need to do a “Self Check” – your goal should be able to improve a little each month.

Please make sure you keep your Swim Journal and Daily Training Sheets up to date. As we work throughout the year, we will be referring to some of the exercises included in your Swim Journal, as well as going over your progress towards your goals.

## Personal Details:

Name	
Address	
Home Phone No.	
Mobile Phone No.	
Emergency contact details	
Medical information (Disabilities, allergies, Medication)	
Date of Birth	
<b>Age</b>	
Hobbies, other sports	

## Height & Weight Record

Month	Height	Weight	Notes
Jan			
Feb			
Mar			
Apr			
May			
Jun			
Jul			
Aug			
Sep			
Oct			
Nov			
Dec			

## Guidelines for Effective Goal Setting

The goals you set yourself to help improve your swimming should be:

<p><b>S</b>pecific</p> <p><b>M</b>easurable</p> <p><b>A</b>chievable</p> <p><b>R</b>ealistic</p> <p><b>T</b>ime-measured</p> <p><b>E</b>xciting</p> <p><b>R</b>ecorded</p>	<p>Instead of “I want to improve my 50m freestyle”, be more specific, such as. “I want to improve my 50m freestyle turn”, giving you more to focus on in training.</p> <p>Make sure you will know when you have reached your goal. For example, using a time as a target will make this easier.</p> <p>Speak to your coach about the goals you set. They will tell you if it is within your capabilities.</p> <p>Setting a goal that is too challenging will not help your self-confidence because you are not likely to achieve it.</p> <p>Give yourself clear deadlines. Set them in line with any competitions you have coming up.</p> <p>Your goals must allow you to enjoy the challenge of achieving them.</p> <p>Write down your goals – it will make you more determined to achieve them and help you monitor progress.</p>
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### Personal Goals

Short Term (This year)	
Mid Term (Next year)	
Long Term (In 2-3 years)	
Date (of goal setting)	
Signed (Swimmer)	
Signed (Coach)	

# Nutrition

The main source of energy during training is derived from carbohydrate; therefore, it is not surprising that high carbohydrate meals and drinks are essential to provide energy and to facilitate recovery. The timing of meals and snacks however, is important.

**30-Minute Rule:** The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training. The following are examples of appropriate snack foods:

Fruit, Nutrigrain bars, jam or honey sandwich, malt loaf, fig rolls, smoothie, Muller rice, dried fruit, rice cakes.

**Keep hydrated:** It is vitally important to drink plenty of fluids (water, juices, sports drink) prior to training, during training and after training.

**Morning training:** Have a snack item (examples above) with fruit juice 30 minutes before training with breakfast after training.

**Guidelines for event meals:**

**Before a race:** High carbohydrate / low fat meal 2-4 hours before the race. Suitable types of food include: breakfast cereals, porridge, bread, toast, fruit juice, fruit, rice cakes, boiled rice, potatoes, boiled pasta, oatmeal biscuits, muffins and carbohydrate drinks. These foods all help to release energy slowly. A small snack (see snacks above) may be eaten about 30 minutes prior to a race.

If the interval between races is less than 30 minutes, the swimmer should drink fluids / juices or a sports drink.

If the interval between races is up to 1 hour, the swimmer should have a snack from the above list, with plenty of fluid, up to 30 minutes before the next race.

If the interval is 1 to 2 hours, the swimmer should have a small high carbohydrate / low fat meal.

**Important:** As water is stored with carbohydrate, it is essential that a substantial amount of fluid be drunk with meals and snacks.

# Training Log

Cycle Number: \_\_\_\_\_

Week Number: \_\_\_\_\_

Date	Session Volume	Comments	How I felt
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
			<b>Fatigue</b> ① ② ③ ④ ⑤ <b>Health</b> ① ② ③ ④ ⑤ <b>Muscle Soreness</b> ① ② ③ ④ ⑤ <b>Diet</b> ① ② ③ ④ ⑤ <b>Resting HR:</b>
Comments from Coach:			

# Swimming Times – Freestyle

Date	Meet/Venue	25m	50m	100m	200m

Date	Meet/Venue	400m	800m	1500m











# Competition Recording Log

Date	Meet	Venue	Short <input type="checkbox"/> Long <input type="checkbox"/>
Event	Time	Comments	
Comments from Coach:			

Date	Meet	Venue	Short <input type="checkbox"/> Long <input type="checkbox"/>
Event	Time	Comments	
Comments from Coach:			