



## *Training Log Book*

*Belonging to:* .....

*Season* / \_\_\_\_\_

### **Contents**

	Page No
What is a log book / how to use this log book	2-3
Swimmer Details	4
Growth Record	5
Goal Setting & Training Schedule	6
My Pre-Race Warm Up / Post-Race Swim Down	7
Performance Record	8
Short Course Personal Best Times	9
Long Course Personal Best Times	10
Session Record Sheet	11
Weekly Meterage Recording Sheet	12
Illness / Injury and Medication / Treatment Record	13
Test Set Records	14-15
Diary / Notes	16
Fixtures List / Drugs Information Sheet	17
Coach's Feedback	18
Alternative Session Record Sheet	19

## What is a log book?

A log book is a diary of your swimming, you use it to record information about yourself, about what training you have been doing and how well you perform in competition.

## Why do you need a log book?

In its simplest form it is somewhere to go and look for your personal best times when filling in meet entry forms. Far more useful it is a record of how well you are doing across the year, you can look back to when and where you swam well and try to work out why. You can look at your training schedule and track how much training you are doing in the build up to competitions. You can check to see if you are improving during test sets and maybe compare this to the times of the year when you are putting on a growth spurt.

## What information should a log book contain?

All serious swimmers will keep a log book and the more you get involved in swimming the more information you should try to record, after all it's really rewarding to be able to track how much you have improved.

## How to use this log book?

- Swimmer Details - Not only a record of who you are but you can include useful information such as coaches contact details for emergencies.
- Growth Record - This is really important, check your height and weight at least once a month, you will be surprised how much a growth spurt can affect your training, your performance in galas and even explain those aches and pains.
- Goal Setting - Talk with your coach about this, having realistic and attainable goals gives you the motivation to improve your performance.
- Training schedule - Print a copy of the training schedule from the website, it will remind your parents when and where you are meant to be.
- Pre Race Warm Up - Talk with your coach about this, it helps a lot to have thought about what you are going to do in advance and having a regular warm up routine helps you focus on the coming swim.
- Post Race Swim Down - , you may want to talk to your coach on how this could be adapted for your swimming when a swim down pool is available.
- Performance Record - Keep track of where and how well you swim in galas.
- Short / Long Course Personal Best Times - Keep a record of when and where you set personal best times. Print a new sheet each time you set a PB and add it to your log book so that you can track your progress.
- Session Record - Keep track of your training. Especially useful is a note about what you did as a main set and your comments on how that main set went, what your target for the set was, what you were trying to improve, etc. Also keep a record of the meterage covered during each training session. (Print extra sheets from the club web site as you need them).
- Weekly Meterage Recording Sheet - Transfer your weekly distance totals to these sheets to track your progress across the year, it is also a good place to show when you took part in competitions so that you can see the 'cycle' of training. Notes on illness or injuries will help explain 'blips' in training when you look back at the record.
- Illness / Injury Record - Hopefully you will not need to use this sheet, but looking back at it will help you track low points in your training. Keeping it up to date will also remind you to check that the medication is permitted under the doping regulations.
- Test Set Record Sheets - Whenever you do a test set during training transfer your results from your laminated sheet to these recording sheets. Also make a few notes about how well the test


went so that you can plan how to improve next time. These records are probably your best way of checking progress during training.

- Fixtures Programme - At the start of the season download the fixtures list from the website and plan which galas you think you will compete in, again it may be worth asking your coach for advice but do make sure that you plan when and where you will compete.
- Diary / Notes - This is a space to add anything that you want to, from favourite pools to letting off steam about your swimming.

The log book is available from the Club Web Site ([www.laserswimming.ca/](http://www.laserswimming.ca/)) so download a copy and use as much or as little as you want to, then print off extra sheets as you need them. You could even keep the log book as a typed document rather than filling it in by hand.



## Swimmer Details

Name	
Date of Birth	
Parents' Names	
Home Address	
Home Telephone Number	
Email	
Main Event(s)	 The logo for the Saskatoon LASERS Swimming team. It features the word "Saskatoon" in a white, sans-serif font at the top. Below it, the word "LASERS" is written in a large, stylized, red font with a white outline and a slight shadow effect. At the bottom, the word "Swimming" is written in a white, sans-serif font. The entire logo is set against a dark grey background.
Best Swimming Experience	
Training Squad	
Coach	
Coach's Contact Telephone Number(s)	
Medication and Supplements Information (record any prescribed medication, e.g. for asthma, vitamin supplements taken)	

## Growth Record

Week	Date	Height - metres	Weight - kg	Resting Pulse Rate	Week	Date	Height - metres	Weight - kg	Resting Pulse Rate
1					27				
2					28				
3					29				
4					30				
5					31				
6					32				
7					33				
8					34				
9					35				
10					36				
11					37				
12					38				
13					39				
14					40				
15					41				
16					42				
17					43				
18					44				
19					45				
20					46				
21					47				
22					48				
23					49				
24					50				
25					51				
26					52				

## Goal Setting

Date :

<p>Short Term (this cycle):</p>	
<p>Mid Term (this coming season):</p>	
<p>Long Term (major ambitions):</p>	

**Training Schedule - Download a copy of the current training schedule from the club's website**

## My Pre-Race Warm Up for my Main Events

My main events are .....

.....

Record below your pre-race warm up.

## My Post-Race Swim Down Protocol

Record below your post race swim down.







## Short Course Personal Best Times

		50m	100m	200m	400m	800m/1500m
Butterfly	Time					
	Venue					
	Date					
Backstroke	Time					
	Venue					
	Date					
Breaststroke	Time					
	Venue					
	Date					
Freestyle	Time					
	Venue					
	Date					
IM	Time					
	Venue					
	Date					

## Long Course Personal Best Times

		50m	100m	200m	400m	800m/1500m
Butterfly	Time					
	Venue					
	Date					
Backstroke	Time					
	Venue					
	Date					
Breaststroke	Time					
	Venue					
	Date					
Freestyle	Time					
	Venue					
	Date					
IM	Time					
	Venue					
	Date					

# Session Record Sheet

Week No. \_\_\_\_\_

Week Beginning \_\_\_\_\_

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM session	Description of Main Set							
	Comments on Main Set							
	Meterage							
PM session	Description of Main Set							
	Comments on Main Set							
	Meterage							

Total Weekly Meterage

## Weekly Meterage Recording Sheet

Week	Week commencing	Weekly Meterage	Running Total	Average Weekly Meterage	Competitions	Illness / Injuries
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						
36						
37						
38						
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						
49						
50						
51						
52						
	Totals =					



## Test Set Records

Title of Set :				
Target for Set :				
Date :				
No.	Time	Heart Rate	Stroke Count	Other
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
Notes :				



## Test Set Records

Title of Set :				
Target for Set :				
Date :				
No.	Time	Pulse Rate	Stroke Count	Other
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
Notes :				



Diary / Notes

 The logo for Saskatoon LASERS Swimming is centered in a grey rectangular area. It features the word "Saskatoon" in a white, sans-serif font at the top. Below it, the word "LASERS" is written in a large, stylized, red font with a white outline and a slight shadow effect. Underneath "LASERS", the word "Swimming" is written in a smaller, white, sans-serif font.



## Fixtures List

Download the current fixtures list from the club website and keep a copy in your log book

## Drugs Information

### Drugs in Swimming

The use of performance enhancing drugs in sport is cheating, also they are associated with serious medical complications, above all their use is illegal. Punishment for the abuse of drugs may vary widely between a warning letter to a lengthy ban from training and competition, so it is important that every competitor in the sport is aware of the problems that they may face and what they should be doing to avoid it.

Some drugs are permitted if they are declared in advance for a specific condition, many competitors have asthma and the majority of the drugs used for asthma are perfectly legal. It is important, however, to remember that they are only legal if taken by inhaler. All competitors, who have asthma and are taking such medication, must declare it in writing.

To sum up, it is YOUR responsibility to check that any medication that you are taking is permitted, ask your GP or Swim SASK to check if a preparation is legal. If they do not know, they will be able to find out and, if in doubt, don't take it.



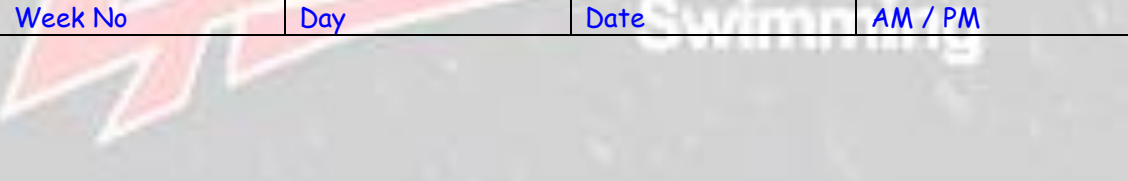
**Coach's Feedback**

Date :	Comments
	 The logo for Saskatoon LASERS Swimming is centered in the middle row of the table. It features the word "Saskatoon" in a white, sans-serif font at the top. Below it, the word "LASERS" is written in a large, stylized, red font with a white outline and a slight shadow effect. Underneath "LASERS", the word "Swimming" is written in a smaller, white, sans-serif font. The entire logo is set against a dark grey rectangular background.

## Alternative Session Record Sheet

	Week No	Day	Date	AM / PM
Description of main set				
Comment on main set				
Meterage				

	Week No	Day	Date	AM / PM
Description of main set				
Comment on main set				
Meterage				

	Week No	Day	Date	AM / PM
Description of main set				
Comment on main set				
Meterage				

	Week No	Day	Date	AM / PM
Description of main set				
Comment on main set				
Meterage				