

Swimming Goals Journal

01-Goals

My Why:

Swimming Goal: (what I want to do with swimming in the next year, Through HS and after HS.

Time Goals:

Events	Current	Motivational	Season Goal Time	
50 Free	49.34	Below B	29.72 - B	
100 Free				

What do I have to do to be able to reach my goals:

Personal motivation notes:

test

02-Current times (SCY)

Event	Initial Time	Motivation Group	Goal Time	Motivational Group	Meet Goal
50 Free	27.01				
100 Free	58.56				
200 Free	2:08.22				
500 Free	5:50.37				
1000 Free	11:55.60				
1650 Free	21:09.61				
50 Back	34:17				
100 Back	1:13.59				
200 Back					
50 Breast	37.65				
100 Breast	1:25.62				
200 Breast	3:05.71				
50 Fly	33.79				
100 Fly	1:11.43				
200 Fly				To never swim	
200 IM	1:10.63				
400 IM	2:37.15				

03-Current Time (LCM)

Event	Initial Time	Motivation Group	Goal Time	Motivational Group	Meet Goal
50 Free					
100 Free					
200 Free					
400 Free					
800 Free					
1500 Free					
50 Back					
100 Back					
200 Back					
50 Breast					
100 Breast					
200 Breast					
50 Fly					
100 Fly					
200 Fly					
200 IM					
400 IM					

Swimming Goals Journal
- Practice Journal

07-2025 July

What I have to do in practice:

Make 5 practices per week

Make all sets

Avoid sitting out on part of a set

Always be on time to practice and have my gear by the pool

07/28

Good practice. About 5900yds. Hit 31 in 50free for time. Set 20 - 50s on :45
kicked me in the backside

07/29

Went to the gym

20 min elypital

Weight machines

100# leg press

48# trunk twist.

Swimming Goals Journal
- Practice Journal

08-2025 August

What I have to do in practice:

Make 5 practices per week

Make all sets

Avoid sitting out on part of a set

Always be on time to practice and have my gear by the pool

8/1/25

8/2/25

08/05/25 - Missed (Sick)

2025/07/25-Area 5

Event	Time	Improvement	
50 Free	32.45	-0.2	
100 Breast	1:02.15	+0.3	
200 IM	2:07.49	-1.43	A - FLAGs Cut

Turn on 50 Free was spot on. Breathed too much

Breast pullout was not streamline and moved too quick. Breathing I was looking totally forward.

IM was an IM.

Got good nights rest prior to each day of practice.

Friday had a good meal at night.

Sat skipped breakfast. Junk for lunch. Pasta

Sun eggs and toast with yogurt. Fruit to snack on. BBJ sand for lunch.

Sunday I felt better swimming than on Saturday.