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	Motivation al Group	Meet Goal
50 Free	27.01	entitle and control of conductors and an annual ann			**************************************
100 Free	58.56			THE STATE OF THE S	
200 Free	2:08.22				
500 Free	5:50.37				
1000 Free	11:55.60		And the second of the second data and the second constitutions and the second s		
1650 Free	21:09.61				
50 Back	34:17				
100 Back	1:13.59		- Videolossianishindarisis carricidari activos duris cue desarricidari (internativos duris duris cue desarricidari (internativos duris duris cue desarricidari (internativos duris d	31 (38 14 7	
200 Back	/			Programme and the control of the con	
50 Breast	37.65			100 100 100 100 100 100 100 100 100 100	
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				TO THE MANAGEMENT OF THE PARTY
400 IM	2:37.15	Control Contro		***************************************	

03-Current Time (LCM)

Event	Initial TIme	Motivation Group	Goal Time	Motivation al Group	Meet Goal
50 Free					
100Free					
200 Free					
400 Free					
800 Free					
1500 Free					
50 Back					
100 Back	- seekeelde beskelings om derde dero ouw on derdomst op sich midden perseuen.				
200 Back		The state of the s			
50 Breast	**************************************				***************************************
100 Breast					
200 Breast	Contract to the contract of th		VIETO MAIO PER		
50 Fly	- (**200000000000000000000000000000000000				-
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.

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.