

# L.A. Swimmer's Goal Sheet

Name: \_\_\_\_\_

(S.C.) & (L.C.)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Distance	Stroke		Best Time		Goal Time		Goal	Splits
25 yds.	Butterfly							
50 yds.	Butterfly							
100 yds.	Butterfly							
200 yds.	Butterfly							
50 m.	Butterfly							
100 m.	Butterfly							
200 m.	Butterfly							
25 yds.	Backstroke							
50 yds.	Backstroke							
100 yds.	Backstroke							
200 yds.	Backstroke							
50 m.	Backstroke							
100 m.	Backstroke							
200 m.	Backstroke							
25 yds.	Breastroke							
50 yds.	Breastroke							
100 yds.	Breastroke							
200 yds.	Breastroke							
50 m.	Breastroke							
100 m.	Breastroke							
200 m.	Breastroke							
25 yds.	Freestyle							
50 yds.	Freestyle							
100 yds.	Freestyle							
200 yds.	Freestyle							
500 yds.	Freestyle							
1,000 yds.	Freestyle							
1650 yds.	Freestyle							
50 m.	Freestyle							
100 m.	Freestyle							
200 m.	Freestyle							
400 m.	Freestyle							
800 m.	Freestyle							
1,500 m.	Freestyle							
100 yds.	I.M.							
200 yds.	I.M.							
400 yds.	I.M.							
200 m.	I.M.							
400 m.	I.M.							

***"If you fail to plan, then you plan to fail!" Author Unknown***