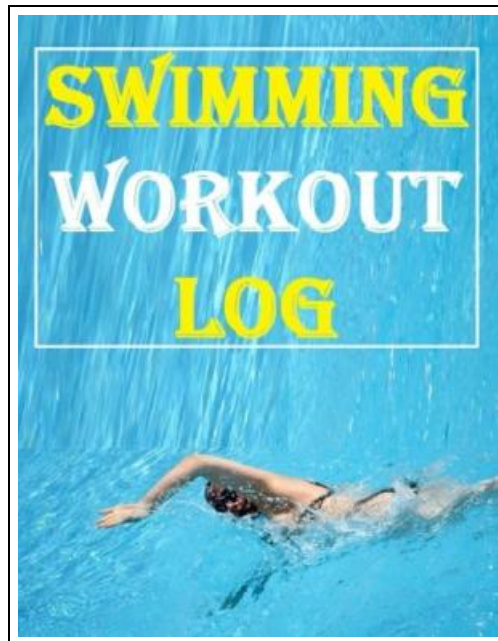# Swimming Workout Log: Keep Record of Progress in This Swimming Workout Log (Paperback)

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Reviews

Very beneficial to all category of folks. We have study and that i am sure that i will planning to go through yet again again in the future. Its been printed in an extremely straightforward way in fact it is just soon after i finished reading this pdf where actually changed me, alter the way i really believe.

(Emmett Mann)

SWIMMING WORKOUT LOG: KEEP RECORD OF PROGRESS IN THIS SWIMMING WORKOUT LOG (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This easy to use Swimming Workout Log has daily charts to track swimming workouts. An analysis of data collected can help a swimmer identify strengths and weaknesses, then make necessary adjustments to improve swim training and performance. In the Swimming Workout Log you can record the following: Date (of workout) Difficulty Level Warm Up (List up to 3 warm up activities) Main Set (List up to 8 main set swim activities) Cool Down (List up to 3 cool down activities) Column to record rest times if needed Total Distance (List total distance of swim workout) Comment box (Place to write other comments) Improved performance begins when your workout improves. Record up to 100 swim trainings.

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