



Shrewsbury Amateur Swimming Club

WEEKLY LOG SHEET

NAME:.....

.....

Week

Commencing:.....

| | MORNING | EVENING |
|------------------|---|---|
| MONDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| TUESDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| WEDNESDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| THURSDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| FRIDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| SATURDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |
| SUNDAY | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 | Set Type: Distance Covered: PEL: 1 2 3 4 5 6 7 8 9 10 |

TOTAL WEEKLY DISTANCE:.....KM PEL= Perceived Effort Level

COMPETITIONS

| DATE | EVENT NAME | EVENTS SWUM | TARGET TIMES | TIME ACHIEVED |
|------|------------|-------------|--------------|---------------|
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