

TRAINING PLAN

| WEEKS TO SWIM | FITNESS (DATE/TIME IN WATER/ DISTANCE) | TECHNIQUE (DATE/TIME IN WATER/ DISTANCE) | ENDURANCE (DATE/TIME IN WATER/ DISTANCE) | SWIM TIME (TOTAL) | NOTES |
|---------------|--|--|--|----------------------|-------|
| 7 | | | | | |
| 6 | | | | | |
| 5 | | | | | |
| 4 | | | | | |
| 3 | | | | | |
| 2 | | | | | |
| 1 | | | | | |