



Swim Workout Journal: Track Progress with Your Swim Workout Journal (Paperback)

By Frances P Robinson

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This easy to use Swim Workout Journal 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 Swim Workout Journal 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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Reviews

This ebook is definitely not straightforward to start on looking at but really enjoyable to learn. It usually will not charge excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Extremely helpful to any or all category of men and women. It really is rally exciting throgh reading time. I am just happy to let you know that this is basically the greatest pdf i have got go through in my personal existence and may be he finest book for at any time.

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