

Weekly Swim Tracking & Progress Template



LOGO

1. Swim Data Collection Log

Date	<input type="text"/>
Pool Length	<input type="text"/>
Set Details	<input type="text"/>
Total Distance	<input type="text"/>
Time	<input type="text"/>
Stroke Count	<input type="text"/>
Perceived Effort (RPE)	<input type="text"/>

2. Weekly Progress Review

Swim Time	<input type="text"/>
Rest Intervals	<input type="text"/>
Stroke Count	<input type="text"/>
Fatigue Level	<input type="text"/>

3. Simple Weekly Swim Log
