AEROBIC SWIMS RECORD SHEET

NAME: _____ CLUB: _____

DISTANCE	STOKE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
400M	FREE												
	BACK												
	BREAST												
	FLY												
	I.M.												
800M	FREE												
	BACK												
	BREAST												
	FLY												
	I.M.												
1500M	FREE												
	BACK												
	BREAST												
1/2 HOUR	FREE												
	BACK												
	BREAST												
3/4 HOUR	FREE												
	BACK												
	BREAST												
1 HOUR	FREE												
	BACK												
	BREAST												