	e your goals for the	e last year <u>Y / N</u>	Which event did y	ou improve the N	MOST LEA	AST
ong term swir	n goals: 1 Year fron	n now?	Δ	Years from now?		
	ingouis. I real from		ce Goals	rears from now.		
EVEN	IT CI	JRRENT TIME	GOAL TIN	4E   L	lalfway Split	$\neg$
EVEIVI		JAKENI IIIVIE	GOAL TIME		iaiiway Spiit	
		11-				
			w will you get the			
of WLOO pra	ctices per week (Pu	ıt an "X" in Water	loo practices you	will attend		
AM	Monday	Tuesday	y Wednesday Thursday	Thursday	Friday	Saturday
PM						
PM						
	(describe how you	will approach eac	h swim practice)			
	(describe how you	will approach eac	h swim practice)			
	(describe how you	will approach eac	h swim practice)			
	(describe how you		h swim practice)	ed on 25 yd pool)		
	(describe how you	Kick Set Goals (i	nsert interval base		rrent go	pal
		Kick Set Goals (i	nsert interval base	00 @ cu	rrent go	pal
	20x50 @	Kick Set Goals (i	nsert interval base goal; 10x1	00 @ cu		
	20x50 @	Kick Set Goals (i current g Test Set Goals (i erval 20x50 =	nsert interval base  goal; 10x1  Insert interval base; 20x50 inte	00 @ cu ed on 25 yd pool) rval in next 6 mor	nths =	
ractice Goals	20x50 @ Current Best Into	Kick Set Goals (in current g  Test Set Goals (in the current and current general 20x50 = general 6x100 =	nsert interval base  coal; 10x1  nsert interval base; 20x50 inte; 6x100 inte	00 @ cu ed on 25 yd pool) rval in next 6 mor	nths =	
ractice Goals	20x50 @	Kick Set Goals (in current g  Test Set Goals (in the current and current general 20x50 = general 6x100 =	nsert interval base  coal; 10x1  nsert interval base; 20x50 inte; 6x100 inte	00 @ cu ed on 25 yd pool) rval in next 6 mor	nths =	
ractice Goals	20x50 @ Current Best Int Current Best Int practice (describe a	Kick Set Goals (in current general Set Goals (in erval 20x50 = general 6x100 = general goals)	nsert interval base  goal; 10x1 Insert interval base; 20x50 inte; 6x100 inte ls / exercise you p	00 @ cu ed on 25 yd pool) rval in next 6 mor rval in next 6 mor lan to do besides	nths = nths = with WLOO)	
eyond swim	20x50 @ Current Best Into	Kick Set Goals (in current general Set Goals (in the current goals (in the current goals) and additional goals	nsert interval base goal; 10x1 Insert interval base; 20x50 inte; 6x100 inte ls / exercise you p	00 @ cu ed on 25 yd pool) rval in next 6 mor rval in next 6 mor lan to do besides	nths = nths = with WLOO)	-