

REED COLLEGE SWIM FITNESS LOG NAME _____

Submit Logs each Monday in Swim fitness folder on Pool Deck ID# _____

Required Minimum Workout: 0 Laps (1500 Yards) TWICE a Week. Lap is down and back in the pool
MHR (Maximum Heart Rate)- Take immediately following the 1500 yards. RHR (resting Heart Rate)-Take after a two-minute rest. BOTH rates are required on the log for each workout.

Week 1 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 2 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 3 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 4 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 5 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 6 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 7 Workout 1

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 1 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 2 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 3 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 4 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 5 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 6 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

Week 7 Workout 2

Date _____
Start Time _____
End Time _____
MHR _____ RHR _____
Lifeguard _____

SWIM FINAL: Continuous 1500-yard (30 lap) swim using either the front crawl, back crawl, or breaststroke. You may use a combination of these three strokes. You may not: stop, use kick boards, use pull buoys. Record all of the relevant information and have the lifeguard on duty sign this form, then return to the swim log box on the pool deck. **SWIM FINAL counts as one of your 2 workouts your final week.** Thank you!

