

Session Log:

Date:		Date:	
Purpose:		Purpose:	
Duration:		Duration:	
Set Distance:		Set Distance:	
Actual swam distance:		Actual swam distance:	
Notes:		Notes:	
Date:		Date:	
Purpose:		Purpose:	
Duration:		Duration:	
Set Distance:		Set Distance:	
Actual swam distance:		Actual swam distance:	
Notes:		Notes:	

Total Swam: m over Week (s)

Session Log:

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Purpose:		Purpose:	
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Actual swam distance:		Actual swam distance:	
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