

<b>My Race Plan</b>				Previous best time:		
Meet & Date for race:				Goal time:		
Event:				Actual time swum:		
		# Uw	Stroke	(cycle/sec)	Breathing	
	Split time/overall	Kicks	Count	Tempo	Pattern	Key focus
<b>50 yds</b>						
	25					
	50					
<b>100 yds</b>						
	25					
	50					
	75					
	100					
<b>200 yds</b>						
	50					
	100					
	150					
	200					
<b>400 yds IM</b>						
1st 50 fly						
2nd 50 fly						
1st 50 back						
2nd 50 back						
1st 50 breast						
2nd 50 breast						
1st 50 free						
2nd 50 free						
<b>500+ yds free</b>						
1st 50						
2nd 50						
3rd thru 2nd-to-last 50						
last 50						