

# Swim Pembrokeshire

## Swimming Log Book



Date:			
Swim Location:		Sea Conditions:	
Weather:		Sea Temp:	
Tide:	High / Low	Kit:	Wetsuit / Hat / Gloves / Socks / Float / Camera / Watch
Distance:		Swim Time:	
Swim Buddies:			

### What did you do/cover in the session?

### Personal Comments – how was the swim, how did you feel, what do you want to improve?

### Technique Observations (feedback from coach/guide)

Head & Breathing:

  

Arms/Hands – entry:

  

Arms – pull/over:

  

Body/Axis:

  

Legs/Kick/Feet:

  

Sighting:

  

Starts/Exits/Turns:

### Wildlife & Points of Interest: