

FITQUEST 2014 - January 6-March 30

NAME: _____

GOAL: 72,000 Yards of Swimming & 64 Total Workouts

Complete 64 workouts which includes 72,000 swim yards, at least 12 land based 45 minute workouts, 2 sets of 10 x 100's on Fastest Interval (Free and Specialty Stroke) and the following swims for time: 200 Free, 200 I.M., 100 Free and 100 Choice

							WEEKLY TOTALS	
SUN	MON	TUES	WED	THURS	FRI	SAT	Yardage	Workouts
	January 6	7	8	9	10	11	/	
12	13	14	15	16	17	18	/	
19	20	21	22	23	24	25	/	
26	27	28	39	30	31	February 1	/	
2	3	4	5	6	7	8	/	
9	10	11	12	13	14	15	/	
16	17	18	19	20	21	22	/	
23	24	25	26	27	28	March 1	/	
2	3	4	5	6	7	8	/	
9	10	11	12	13	14	15	/	
16	17	18	19	20	21	22	/	
23	24	25	26	27	28	29	/	
30							/	
FINAL TOTALS								

TIMED SETS:

10 x 100 Free _____ (Interval) _____ (Average Time)

10 x 100 Specialty Stroke _____ (Interval) _____ (Average Time)

200 Free _____ 200 I.M. _____ 100 Free _____ 100 Choice _____

KEY

Swim = record yardage	Ski = SK	Run = R	Walk = W
Strength Training (40') + Abs (10') = ST+A	Pilates = P		
Aerobics (40') + Abs (10') = AE+A	Exercise/Aerobic, Dance Class = C		
Aerobics (20')/Strength(20')/Abs(10') = AE/ST+A	Yoga = Y	Next Barre = NB	
Golf = G	Dailey Method = DM	CrossFit = CF	
Tennis = T	Other = Write In		