

DC Wave

Season Plan

Swimmer:	Age:	Group:
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Test Sets

Month	1	2	3	4	5
October					
November					
December					
January					
March					
April					
May					
June					

Season Goals

Goal Times	Fly	Back	Breast	Free
25 yrds.				
50 yrds				
100 yrds				
200 yrds				
500 yrds				

Season Goal:

Personal Goal: