

GOALS

TRAINING GOALS



What are some things that you would like to accomplish in practice this season? Kick a 100 in 1:10 or faster? Push a :25 for a 50m free long course?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.