

Name:

Swim Smooth Perth - Get Your Mojo Back, May / June 2014

| Session #      | Date              | Type Of Session                | Distance     | One Good Thing You Did       | One Thing You Could Work On          | Key Metrics                     | Other Notes        | Mojo out of 10 |
|----------------|-------------------|--------------------------------|--------------|------------------------------|--------------------------------------|---------------------------------|--------------------|----------------|
| <i>Example</i> | <i>26/04/2014</i> | <i>Friday Fresh 'n' Fruity</i> | <i>2.8km</i> | <i>Led the lane for 800m</i> | <i>Not sneaking the pull buoy in</i> | <i>1:40/100m for final 400m</i> | <i>Chased Ray!</i> | <i>7</i>       |
| 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             |                   |                                |              |                              |                                      |                                 |                    |                |
| 31             |                   |                                |              |                              |                                      |                                 |                    |                |
| 32             |                   |                                |              |                              |                                      |                                 |                    |                |

Starting CSS:

Finising CSS: