



Greenville Splash February Fitness Challenge

Name: _____ Age: _____
Total yardage for the month: _____
What was your favorite event? _____
What did you like most about the challenge? _____

	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						

Events	Time
50 Free	
100 Free	
200 Free	
500 Free	
1000 Free	
1650 Free	
50 Fly	
100 Fly	
200 Fly	
50 Back	
100 Back	
200 Back	
50 Breast	
100 Breast	
200 Breast	
100 IM	
200 IM	
400 IM	

Challenge Instructions:

There are 2 parts to the challenge and you may do either part or complete both parts.

1. The first challenge is to swim every competitive short course yards event during the month. All the events will be offered during the morning workouts at Caine Halter YMCA or you may swim the events on your own. Write down your time in the space provided. You are allowed to modify events (use fins, do drills, or take short breaks).

2. The second challenge is to log your total distance swum during the month. Write your yardage in the blank spaces of the calendar. Turn in your form to a coach at the end of the month.

Any questions??? Please contact Coach Leslie Scott at: leslie@greenvillesplash.com or call 864-283-1328.