

Descriptions

- **Fun** is how enjoyable you found the day's training.
- **Fatigue** is how you felt you have recovered from previous training and includes feelings of lethargy, heaviness, muscle soreness.
- **Effort** is the amount of effort required to complete the training sessions for that day.
- **Stress** is the level of stress you feel you are coping with during the day in and out of the pool. This includes schoolwork, relationships (friends, family, swim peers, coaches), work etc. Anything that you feel is 'getting you down' is adding to your stress. The quality of sleep could also be a factor here. If you are waking a lot during the night and find it hard to get back to sleep that is additional stress.
- **Recovery** is how well you have felt you have recovered for the day. In other words, were you successful in following your recovery strategies for the day? These can include massage (and self massage), stretching, fluid and nutrition, relaxation techniques, hot/cold showers, warm-downs and warm-ups, following the correct pace (in recovery sets), time out (music, movies etc).
- **Physical complaints:** this includes any injuries or sicknesses you have for that day. For example, if you wake with a slightly sore throat then that may be ranked as a 2. If your knee is quite sore in some sets, but is fine otherwise then that may be a 4. Just a side note – you should inform me of anything above a 1.

This self-monitoring sheet will be used as an aid in preventing overtraining. It should be filled out at the end of every day. While it is not a total substitute for your training logs it will hopefully allow you to spend less time writing full sessions in your logs. So for example, on recovery days you need write no sets up in your log at all. On days we do repeat or test sets your data will be kept on the laminated sheets provided and do not need to be written in your logs.

I would still like you to write main sets (besides those mentioned above) in your logs and any comments you feel are not covered in this sheet. You should also elaborate on any atypical values – for example, if you normally have a 1 for stress but placed a 5 on a certain day, in your log you should explain why (e.g. my best friend stole my boyfriend off me). Please remember that this sheet is on your perceptions of that particular day. So for example, the set may be very high in intensity but you still may have found it enjoyable (hey – that happens!).