



## SWIMMING NZ PATHWAYS PLAN: Swimmer Goals Planner

| YR / EVENT    | Age | Education | Best Event | Best Time | FINA Pts | Next Event | Next Time | FINA Pts | Sess/Wk | Vol/Wk | Ht (m) | Wt (kg) | Goals                                      | Evaluation |
|---------------|-----|-----------|------------|-----------|----------|------------|-----------|----------|---------|--------|--------|---------|--|------------|
| 2016 Olympics |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2015          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2014 C.Games  |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2013          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2012          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2011          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2010          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| 2009          |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| NOW           |     |           |            |           |          |            |           |          |         |        |        |         |  |            |
| EXAMPLE       | 14  | Yr 10     | 100 Breast | 1:18.30L  | 700      | 100 Free F | 1:16.30L  | 690      | 10      | 60k    | 1.86   | 68      | Improve PB by 2 seconds before end of year |            |