

REED COLLEGE SWIM FITNESS LOGNAME_____

Submit Logs each Monday in Swim fitness folder on Pool Deck ID#_____

Required Minimum Workout: 20-30 Laps (1000-1500 Yards) TWICE a Week. Lap is down and back in the pool (50yards) or 45 Minute workout. MHR (Maximum Heart Rate)- Take immediately following the 1500 yards. RHR (resting Heart Rate)-Take after a two-minute rest. BOTH rates are required on the log for each workout.

Week 1 Workout 1Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 1 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 2 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 2 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 3 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 3 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 4 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 4 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 5 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 5 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 6 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 6 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____**Week 7 Workout 1**Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

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Week 7 Workout 2Date_____
Start Time_____
End Time_____
MHR____RHR_____
Lifeguard_____

SWIM FINAL: Continuous 1500-yard (30 lap) swim using either the front crawl, back crawl, or breaststroke. You may use a combination of these three strokes. You may not: stop, use kick boards, use pull buoys. Record all of the relevant information and have the lifeguard on duty sign this form, then return to the swim log box on the pool deck. **SWIM FINAL counts as one of your 2 workouts your final week.** Thank you!

Reed College Swim Fitness

- 1) A maximum of two credits may be fulfilled using the non-instructional classes. ONLY TWO of these may be fulfilled by this swim fitness class. If you have already completed two swim fitness PE classes please see Will Symms; his office is located in the upper level of the sports center. 503.777.7232
- 2) This class is designed for people who know how to swim well, swim with proper timed breathing, and who are already in decent physical shape.
- 3) A suggested workout routine is posted on the whiteboard at the poolside. IF you make small changes, please make a note of any deviations in swim fitness regimen on your chart before the guard signs it. Any changes must be clearly defensible as more difficult or more aerobic.
- 4) Students must swim twice each week. The pool is only open when the sports center is open, and only then when a lifeguard is on duty. We highly encourage you to sign up online to receive weekly emails regarding pool hours. In order to receive credit you must not miss more than (2) workouts in a quarter.
<https://www.lists.reed.edu/mailman/listinfo/pool-people>
Sports Center Cage 503.777.7285
- 5) Each workout must equal 1000 yards(20 laps) to 1500 yards (30 laps); and lap is two lengths of the pool. Total time of 45 min is appropriate as well. You can swim longer if you like but this is the minimum. Stopping to rest may be necessary. You may not break the workout down into separate parts and swim one part at a different time.
- 6) The lifeguard on duty MUST sign your log at the time and date of your workout.
- 7) Please pay attention to your heart rate and correlate this with what is a healthy rate on the posted chart. Maximum Heart Rate (MHR) should be taken immediately following the 1500-yard swim. Resting Heart Rate (RHR) should be taken after a two-minute rest. BOTH heart rates are required on your log.
- 8) Logs should be completed during each workout and should be kept in the file folder on the pool deck. Logs will be checked each Monday, so they must be there at that point in time. If you miss a session you MUST see Will Symms ASAP in order to see if you qualify for a make-up class.
- 9) SWIM TEST must be completed to check competency of swimming ability. You can either do it the first day of class or have a lifeguard sign off by Wednesday night of the first week. The test is 4 laps of any stroke, if you are not able to adequately complete the 4 laps you need to drop the class.