



# Swimming Session Planner

In association with SO Fitness



Special Olympics  
**Health**

MADE POSSIBLE BY **Golisano** FOUNDATION

Date: \_\_\_\_\_

Practice Length: \_\_\_\_\_ mins

Practice focus:

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Warm Up:

\_\_\_\_\_ mins

Aerobic

Dynamic Stretches

Basics and Conditioning

Transition Activity: \_\_\_\_\_

Drills/Skill Building:

\_\_\_\_\_ mins

Notes: \_\_\_\_\_

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Transition Activity: \_\_\_\_\_





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Stroke Work: \_\_\_\_\_ mins

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cool Down: \_\_\_\_\_ mins

Fitness Lesson of the Day: \_\_\_\_\_

Tips/Reminders for Athletes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Coach's Reflection: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

