

USMS Swim Log 2004
Personal Journal of Scott Harris

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	2860	7	8	9
				4125	3500	10
11	12	13	3450	14	15	16
				3600	3100	17
18	19	20		21	22	23
			3750			24
25	26	27		28	29	30
			2700	4200	2700	31
						1300
Yards / Month			35,285			
YTD Yards			35,285			

JULY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6		7	8	9
			4000	2450		2300
11	12	13		14	15	16
			3850	3800		3600
18	19	20		21	22	23
			3000	3700		4050
25	26	27		28	29	30
			3700	3600		3850
Yards / Month			49,350			
YTD Yards			271,085			

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3		4	5	6
			3600			3350
8	9	10		11	12	13
	3500	3600				2000
15	16	17		18	19	20
			4100	3600		2725
22	23	24		25	26	27
				4700		2000
29						
Yards / Month			33,175			
YTD Yards			68,460			

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3		4	5	6
			4000	3800		1650
8	9	10		11	12	13
3600						14
15	16	17		18	19	20
						21
22	23	24		25	26	27
						28
29	30	31				
Yards / Month			13,050			
YTD Yards			284,135			

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2		3	4	5
			3750	2500		2900
7	8	9		10	11	12
						4000
14	15	16		17	18	19
			2800	3125		2450
21	22	23		24	25	26
			3400	2850		2900
28	29	30		31		
			3000			
Yards / Month			33,675			
YTD Yards			102,135			

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7		8	9	10
			3400	3400		1650
12	13	14		15	16	17
			2530	2970	2750	18
19	20	21		22	23	24
			3000	4000		2100
26	27	28		29	30	
			3300	4000		
Yards / Month			33,100			
YTD Yards			317,235			

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6		7	8	9
	1650		3000			3100
11	12	13		14	15	16
			2600	4500		3250
18	19	20		21	22	23
				3800		2750
25	26	27		28	29	30
				4100		3500
Yards / Month			36,150			
YTD Yards			138,285			

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
31					1	2
						4000
3	4	5		6	7	8
			2350	4600		9
10	11	12		13	14	15
			2500	3600		16
17	18	19		20	21	22
			3300	3200		3300
24	25	26		27	28	29
				4000		2400
Yards / Month			33,250			
YTD Yards			350,485			

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4		5	6	7
			3800			1800
9	10	11		12	13	14
			3800	4250		4300
16	17	18		19	20	21
				3400		2650
23	24	25		26	27	28
				3200		2800
30	31					
Yards / Month			33,700			
YTD Yards			171,985			

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2		3	4	5
				2420	2750	6
7	8	9		10	11	12
			3750	4100		2650
14	15	16		17	18	19
			3250	1200		3450
21	22	23		24	25	26
			2800	4100		
28	29	30				
			3150			
Yards / Month			33,620			
YTD Yards			384,105			

JUNE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1		2	3	4
			2800	4000		3600
6	7	8		9	10	11
			4000	5000		2750
13	14	15		16	17	18
			4000	4700		3300
20	21	22		23	24	25
				3750		3750
27	28	29		30		
			4100	4000		
Yards / Month			49,750			
YTD Yards			221,735			

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						4150
5	6	7		8	9	10
			3700	5400		3300
12	13	14		15	16	17
			1870	2750		3000
19	20	21		22	23	24
			2150	3650		3500
26	27	28		29	30	31
			4300			4100
Yards / Month			41,870			
YTD Yards			425,975			