

# AQUAMOVES GV SWIM CHALLENGE

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# LOG BOOK

# AQUAMOVES

# GV SWIM

# CHALLENGE

## KEY

Indoor 25m Pool	Outdoor 50m Pool
2 laps = 0.05km	2 laps = 0.1km
4 laps = 0.1km	4 laps = 0.2km
6 laps = 0.15km	6 laps = 0.3km
8 laps = 0.2km	8 laps = 0.4km
10 laps = 0.25km	10 laps = 0.5km
12 laps = 0.3km	12 laps = 0.6km
14 laps = 0.35km	14 laps = 0.7km
16 laps = 0.4km	16 laps = 0.8km
18 laps = 0.45km	18 laps = 0.9km
20 laps = 0.5km	20 laps = 1km
22 laps = 0.55km	
24 laps = 0.6km	
26 laps = 0.65km	
28 laps = 0.7km	
30 laps = 0.75km	
32 laps = 0.8km	
34 laps = 0.85km	
36 laps = 0.9km	
38 laps = 0.95km	
40 laps = 1km	