Abstract
The theme and objective of this work is to propose a training diary intended for the documentation in swimming training.

The theme of the theoretical part briefly describes the characteristics and structure of the swimming and swimming performance. Also the history of swimming and its development, in both the world and our country, is described there. Similarly, a general training, its rules and an annual training cycle is discussed there. Furthermore, the theoretical part deals with training methods in competitive swimming and its historical development.

The research part of this work largely discuss the ways of documentation of the swimming trainings. In particular, it deals with the research training sheet developed by swimming coach Ing. Jaroslav Strnad. Furthermore, there is an analysis of the three training diaries which are currently available on the market. These are examined for their suitability for recording swimming trainings. Finally, there is a suggestion of training sheet provided for swimmers and their training diaries.