





For more information on the 100 people, £100, 100 days challenge please contact carly@limbpower.com

Virtual Channel Swim Record Card

100 PEOPLE **£100** 100 DAYS

Swim Record Card Number:

Session no.	Date	No. of lengths	Running Total

The English Channel is 21 miles at the shortest distance

25 Meter Pool	1 mile = 64.4 lengths	21 miles = 1,352.4 lengths
50 Meter Pool	1 mile = 32.2 lengths	21 miles = 676.2 lengths

Session no.	Date	No. of lengths	Running Total