Speed training log

Log each session's best five swings; the average and change from your first session calculate automatically.

Date	Swing 1	Swing 2	Swing 3	Swing 4	Swing 5	Average	Change vs first
2026-10-01	91	93	92	94	90	92	0

Date	Swing 1	Swing 2	Swing 3	Swing 4	Swing 5	Average	Change vs first