

## PRACTICE

# THE DAILY PROCESS



*What is your goal for the end of this season? What is the greasy and awesome thing you are going to accomplish at the end of the year?*

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What is your typical day going to look like? What are you going to have to do each day to make this happen?

This might come as a bit of a shell shock to those swimmers who prefer to languish in their daydreams, safe from the harsh demands that excellence requires.

For the rest, it's a mildly exhilarating moment where you can draw a clear connection between where you are at this very moment and where you want to be.

You figure out what it takes to be successful, and piece-meal it out into little daily bites.

Think on it... and write it out. From sunrise to sunset, what are you going to have to do to make that goal a reality?

- If your starts stink, are you going to spend an extra five minutes after practice with coach each day?
- To improve your turns, are you going to hammer out snappy flip-turns through the whole workout?
- If you catch yourself staying up far too late every night watching TV or texting your friends, are you going to create a cut-off point so that you get the sleep you need?

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## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.