

PRACTICE

HABITS



#1: Write out a schedule

What gets scheduled, gets done diddly done.

If you want to spend more time doing your pre-hab, book yourself in to be at practice 20 minutes early at a particular time. If you want to do that solo workout on Sundays, check the schedule and write out the time you are going to be in the pool. If you want to prep your meals the night before, pick a time.

Set a schedule for the important things you want to do each week with your training and lifestyle habits. Be specific!

| HABIT | WHEN AM I GONNA DO IT? |
|-------|------------------------|
| | |
| | |
| | |
| | |
| | |

#2a: When-then Planning: Write out a schedule

Take your new habit, and plug it into the “when...then” formula.

PRACTICE

Remember the one rule with this technique—make sure your anchor is something that is set in stone, and not something that can be manipulated by the whims of your willpower or motivation.

“When I finish morning workout, then I will take my protein shake and stretch for ten minutes.”

| When... | Then... |
|---------|---------|
| | |
| | |
| | |
| | |
| | |

#2b: “When...then” Your Way to Mental Toughness

“When I feel myself wanting to give up, then I will focus only on the current rep.”

“When I feel my technique starting to fall apart, then I will focus on keeping a high elbow during my catch.”

Write out a few instances where your habits fall to the wayside and “when...then” your way to more mental fortitude (and better practices and more confidence and shinier hair!).

ONE

PRACTICE

TWO

THREE

FOUR

FIVE

#3: Instigation Habits FTW

Write out your instigation-execution habits. Remember: The goal isn't to make the instigation habit challenging.

| My new habit... | The instigation habit... |
|-----------------|--------------------------|
| | |
| | |

PRACTICE

| | |
|--|--|
| | |
| | |

#4: The Not-Do List

What are three things you can stop doing during practice?

ONE

TWO

THREE

What are three things you can add to your to-not do list when it comes to lifestyle (sleep, nutrition, etc.)?

ONE

PRACTICE

TWO

THREE

#5: Build an Environment That Rocks Your Goals & Habits

What are five things you can do to make your environment more conducive to faster swimming?

ONE

TWO

THREE

PRACTICE

FOUR

FIVE
