

## RACE

# The Pre-Race Routine



## PART 1: THE TRIED AND TRUE

*What are the things you have done in the past that have led to a successful performance in the pool?*

*What are the things you know help you prepare on race day to swim well?*

[illegible]

## PART 2: THE RACE DAY ROUTINE

*Write out your race day routine. Remember: keep your routine completely in your control.*

[illegible]

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

*Write out your own personal “on” switch that you can use to turn on high-performance swimming at a moment’s notice both in practice and in competition.*

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*Physical action*
+
*Mantra / Action word*