



Power Up List

Keep an inventory of the things that help you perform at your best.

In this section, we are going to create a list of things that help you swim better. Some of the things you end up listing will seem super obvious. So obvious, in fact, that it may seem like a waste of time to write it out. *Yeah, no kidding—getting a good night of sleep helps me swim better. Thanks for that piece of breaking news.*

And yet, how much effort do you make towards doing the things that you know boost performance?

When things go sideways on you in the pool, or you have a bad practice, or you are feeling frustrated that you aren't improving as fast as you'd like, refer to these things. They are like little Power-Ups for your swimming, your lifestyle, and your mindset.

Here are some examples:

- **Swimming:** Favorite warm-ups, drills that max out your feel for the water, stretches that give you a better range of motion, glute activation exercises that help you dolphin kick better.
- **Lifestyle:** Meals that don't come back to haunt you during practice, habits that help you sleep better, tricks to stay hydrated over the course of the day.
- **Mindset:** Meditating, going for a mid-day walk, unplugging from social media consistently, mantras that help you get through a hard set, writing your goals on your swim gear.

.....

.....

.....

.....

.....

A series of 25 horizontal dotted lines for writing.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Over time, you will collect a sweet little list of things that are proven to help you swim your best. Want to guess when knowing these things and practicing them will be of hilariously powerful use? On race day. From this list, you will have some proven, A+ things to add to your pre-race routine.