



Training Goals

Supercharge your self-confidence and improve faster by setting goals for practice.

TECHNIQUE

Breathe more to non-dominant side when swimming, improve entry on my dive, breakout to 10m off every wall, don't breathe in and out of the wall, improve hand entry...

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CONDITIONING

Be able to box squat 225 pounds, improve vertical jump by 3", kick 10x100s on 1:30, spend ten minutes per day on core strength, swim a :26 from a push...

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MINDSET

Be better at not giving up when the main set gets hard, use better self-talk, do ten minutes of visualization each night before bed...

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LIFESTYLE

Drink two glasses of water when I wake up, eat a healthy dinner, meal prep every Sunday night, pack post-workout snacks for each practice, unplug from social media on the weekends, meditate for 5-10 minutes per day...

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Training goals give you a chance to be proactive about what you are going to focus on at the pool. They build a sense of ownership and give you a steady, inexhaustible supply of small wins that will keep you fired up and focused all season.