

Goal Setting **TEAMSURREY**



Swim England
Swimming

Performance
Centre

Training Goals →



- **Before** session = think about **3** things to focus on/ get right during the session. Try **not to modify** during the session as you will probably **lower your target**.
- If you are someone who struggles with motivation that use these as a **guide** as to whether your session was **successful** or not.

- ✓ Keeping a consistent kick count
- ✓ Keeping a consistent stroke count
- ✓ Not breathing in or out of walls

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- ✓ Technical goals
 - ✓ Breath control
 - ✓ Not stopping during pre-pool
 - ✓ **BE SPECIFIC + USE VALUES-**
E.G: "Hold 5 kicks off of every wall without breathing in any red zones"

Help each other →

- Support each other during pool **AND** land sessions to make marginal gains.
- Get to know each other's targets and help **push each other towards them**.

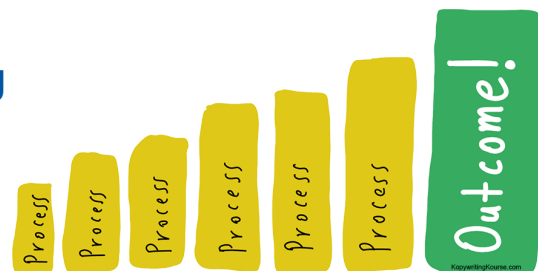
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- ✓ Work closely with people who have similar goals to you!
 - ✓ Be **BRAVE** in training
 - ✓ **TRUST** in the process

Write your goals down!

- ✓ Phone screensaver
- ✓ Sticky notes on fridge
- ✓ Pinned up in your bedroom
- ✓ On a note kept in your race bag
 - ✓ S+C card

Process meets = Technical + Process goals
(DO NOT get carried away with times!!!)

You should be able to recite your goals off the top of your head!



RACE well

REFLECT on what you achieved

RESET process goals for training/races