Pre-Race Routines

Why should I use one?

- ✓ Places you in comfortable surroundings (very helpful for away meets at unfamiliar pools)
- ✓ Majorly reduces distractions that are common at swimming competitions
- ✓ Creates a familiar set of cues so you can focus on executing the race properly
- ✓ Reduces stress and anxiety pre-race allowing you to be in a controlled headspace

When do I use it?

Everyday!

The more you practice your pre-race routine the stronger its impact will become!

You should never feel unprepared behind the blocks!

Your routine should become so second nature that you do it without having to think about it.



Smiling

The serotonin released from smiling can help combat anxiety, fear and nervousness.

If you're someone who struggles with their nerves then add a smile into your block routine ☺

Positive self-talk

A repeated phrase, saying or mantra can be used to

1. Motivate
2. Calm
3. Focus
4. Increase confidence

Keep the phrase short, easy to remember and impactful



What techniques could I use?

Anchoring



An anchor is a movement, word, action or sound that triggers your body to get into the performance mind-set.

Allows you to access this on demand no matter what the situation is.

Anchors have to be put in place and practised regularly in training e.g stand up swims, final reps of a tough set, even the first dive into the pool for warm up

Use it or lose it!