Goal Setting and Race Strategy for Swimming Competition Start by answering these questions

Name: ……………………………………

Thinking about the last 12 months:-

1. Which competitive swims were you most satisfied with?
2. What would you like to have improved on?
3. Is there anything you could have done to make your best swims even better?
4. What do you not want to have happen again? Did anything inhibit your performances?
5. What did you learn by going through these experiences?

Thinking of the next 12 months:-

1. What are your outcome goals? (e.g. win Scottish Championship event)
2. Identify your performance goals? (e.g. break 60 for 100m free)
3. What process goals will help you achieve 1 & 2? (practical steps you can take e.g. ensure great streamlining at every push-off - things you can control).
4. Identify your typical training-time availability - pool and dry-land.
5. In addition to swimming training, is there anything you plan to do to enhance your swimming ability: improved nutrition, dry-and training/other sports, psychological preparation, attend training camps?
6. Which competitions will you target this year?

Pick three events to focus on and set target time goals and splits (this will help guide races goals & race strategy)

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| **Event** | **Time** | **Split 1** | **Split 2** | **Split 3** | **Split 4** |
| e.g. 100 fly | 1:09.50 | 16.0 | 18.0 | 18.0 | 17.5 |
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