

50 repeats forms a habit



It's not .. how fast?
It's .. **how well?**

**Thousands of repeats
to change the habit**



Swim as fast as an Olympian? (maybe) but, you can all swim as well as an Olympian

50 repeats forms a habit



**Thousands of repeats
to change the habit**



**Run as fast as an Olympian? (maybe)
but, you can all drill as well as an Olympian
*Technique is Everything***

**Young athletes: learn correct movement patterns from day one
Accept Nothing Less**