

# SETTING GOALS

An Example .. modified to a six week program

Event: 50m F/S

Current "pb": 35.00

Performance Target: 32.00 *"I'd like to see that"*

Improvement Goal: 3.00 "Wow! That's a lot!"

## Plan Your Progression

Weeks: 6 = .5 sec. / week

Pool Sessions: 18 = .16 sec. / session  
(3 / Week)

Add .. 3 circuit sessions per week

Pool + Circuits: 6 hours / week = 36 hours

Improvement required per hour of training: .083 sec. (3 ÷ 36)  
( < the blink of an eye)

***"I CAN do that!"*** (for myself / for my team)

**Now: Apply this approach to your own circumstances.**

Set a challenging, yet realistic goal, over a more "extensive" period of time (e.g. 20 weeks).

Do your own calculations.

**Hey !! Goal Setting can apply to any activity (sport, school work, ... )**

### Here's a Tip

*Quantify Your Plan .. Your Progress*

e.g. 50m pool

35 seconds = 1.43m per second (50 ÷ 35)

32 seconds = 1.56m per second (50 ÷ 32)

Improvement = .13m per second

.13 x 32 = 4.16m

While these are general calculations .. measure (step) out 4.16m

Remember: the backstroke flags are 5m from the end of the pool.

***The only performance you have control over  
is your performance***