



# Setting Goals for Yourself



## Setting Goals

essential in preparation for success ..  
too often ignored, or, replaced by a few vaguely stated intentions

### Consider the approach taken by this athlete:

“In 1972 (Munich Olympics) Mark Spitz won seven Gold Medals, breaking seven world records.”

“ I was at home watching him on my living room floor, thinking, wouldn't it be nice to win a Gold Medal and be a World Champion in Olympic competition? So right then, I has this dream of being an Olympic Champion ... soon after that dream become a goal.”

“That **dream to goal transition** is the most significant thing I learnt prior to the Olympics; the importance of setting a goal, and, how to set your goal. You see, motivation is simply not enough.”

“My personal best for 100m backstroke was 59.9. Roland Mattes, winning for the second consecutive Olympics in 1972, went 56.58.”

“Assuming a progression, I figured in 1976, 55.5 would be the order of the day. That's what I would have to do.”

“So, I'm four seconds off an Olympics winning time; like dropping four seconds off your 400 metres sprint in track and field.”

“That's a very substantial drop in time, but because the improvement has been calculated (the “dream” quantified), it is becoming a goal that I can figure out how to decisively attack.”

“I have four years to 1976; four years to train; four years to improve.”

“Swimmers train ten or eleven months a year, so it's about a tenth of a second a month, allowing for workouts missed. And, we train six days a week, so it's about 1/130th of a second a day.”

“We train from six to eight in the morning and four to six at night, so it's really only 1/1200th of a second for every hour of training.”

“Do you know how short a time 1/1200th of a second is?”

“Look at my hand; blink when I snap my fingers. From the time your eyelids started to close to the time they touched about 5/1200th of a second elapsed.”

“For me to stand on the pool deck and say: *during the next sixty minutes I'm going to improve that much (less than the blink of an eye)* is believable.”

“Four seconds improvement before the next Olympics is too large a task to realistically visualise; but, **I can believe .. I did believe** the daily goal I set for myself.”

*John Naber*

In 1976, John Naber won the Olympic 100m Backstroke Gold Medal: 55.49 (World Record)

### Applying this approach to your preparations will help you quantify your goals?

Event/Activity:	Event/Activity:	Activity:
Current “pb”:	Current “pb”:	Current standard:
Performance Target:	Performance Target:	Performance Target:
Improvement Goal:	Improvement Goal:	Improvement Goal:
Weeks: Improvement/week:	Weeks: Improvement/week:	Weeks to re-test: Date:
Sessions: Improvement/session:	Sessions: Improvement/session:	No of sessions (classes): Improvement/session:
Training Hours: Improvement/hour:	Training Hours: Improvement/hour:	Homestudy Hours: Improvement/hour:

**NOW ... place this goal in a position that you will see it first thing every morning as you awake.**

A Swimming example, sure .. but, can be adapted to any sport, any circumstance, e.g. school