Calculating Your Goals for this Season

(Your aim(s) at the start of this season)

Assume: you wish to achieve *(initially)* a 3% improvement

		Example
1.	Take your previous season "pb":	**1:08.67**
2.	Convert each time to seconds:	68.67
3.	Find 3% of the converted time:	68.67 x 3/100 Improvement Goal = 2.06
4.	Subtract the Improvement Goal from your current "pb":	1:08.67 – 2.06 = **1:06.61**
5.	(Initial) **Season Goal**:	**1:06.61**

Event	**Distance**	**"pb"**	**Goal Time** ("pb" - 3%)

Improvement is easier at an earlier *training age*: >3% is more readily achieved early in your swimming career;
the **main thing** is to **try to improve every year**.
(Training Age = the time (years & months) you have been involved in a regular training program

DISPLAY your intentions (aims / goals) prominently … be accountable

Further improvements can be sought after initial goal achievement

Kick Times can also be included: e.g. 50 - 100 - 200 F/S Kick; 50 - 100 B/R Kick; 100 & 200 IM Kick

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