

# Goal Setting



Having a goal to aim towards can help to keep you motivated from session to session as you will want to work hard to achieve it

It's a good idea to write your goals down so you can remind yourself what you are striving towards. Try and bring your written out goals to each training session with you – the coaches will always encourage this! Having your goals by your side can help to raise your motivation levels if you feel you are struggling

Try to set multiple goals with varying time limits. For example set several short term goals (weekly), a few medium term goals (monthly) and one long term end goal (yearly) so you have the opportunity to achieve smaller goals along the way to reaching your end goal

It's also wise to try and set goals outside of the swimming setting too. For example: achieving a certain grade at school/college/uni, finishing a book, learning a new skill, tidying your room! This is so you have something else to focus on other than just swimming – focussing on just one thing isn't always beneficial as it can cause obsessions and disappointed if things don't go to plan (resulting in a decrease in motivation)

Always make sure any goal you set is SMART. SMART stands for: specific, measurable, achievable, realistic and timebound. Setting SMART goals ensure you will always have a goal related to what you want to do and one that you can definitely reach within a certain time frame



Having a pre-training/race routine can help to keep you motivated between sessions and races. This is because you will associate the routine with wanting to perform to your best ability. For example if you listened to a certain piece of music before a really successful training session and/or race, use this same piece of music again when you next swim to provide you with the motivation to want to swim well again. Similarly, if for races you carry out a particular warm-up/starting block routine to get you motivated to swim fast, why not perform this at the start of training sessions too to get you motivated for training and not just for racing situations!



## Routines

# Maintaining Motivation from Session to Session

## Have Fun!



Swimming training requires a lot of time and dedication for long periods of time without a break. Sometimes this can feel overwhelming and can cause you to lose motivation and feel like you want to stop training. Making time for things you enjoy outside of the pool environment (eg. seeing your friends and family, doing another hobby, reading, playing games) can help you to unwind from swimming and allow you to focus on other things in life. By allowing your mind to switch off from swimming when not at the pool, it can help you to feel more motivated when it does come to training time

# Positivity



Staying positive and motivated 100% of the time can be hard – we are only human after all!

Sometimes when a training session or race doesn't go to plan (eg. you may have felt tired, you may not have been able to keep up with everyone else, you may not have got your target time, you may not have medalled) it can leave you feeling demotivated

It's important to try not to dwell on the negatives and instead aim to focus on the positives. For example if you've had training session/race that didn't go to plan, avoid going home and thinking about what went wrong. Instead go home and think of a successful training session/race you've had and allow these memories and feelings to motivate you into looking forward to training again and trying to match these performances

If you feel like you're not progressing as you would like to, take a step back and remember how far you've developed as an athlete from when you first started swimming. This will help you to realise how much you've achieved and make you feel motivated again to achieve more!

Choose an athlete who inspires you. This can be someone famous or one of your teammates at GCSC. Having someone to look up to can keep you feeling positive and motivated towards working hard to be as good as them!