

# Morning Routines for Swimmers

Coach Helen Hill

From 5 a.m. practices into a full day of school, the morning is a very productive time for a swimmer. As practices start getting longer and more intense, it is important to have discipline and to have a goal for each and every day. I recommend having a family calendar and a personal calendar to start out your process of setting goals for each day of the week. Many of you already keep a school planner or school calendar. Why would swimming be any different? I always leave my weekends relatively unplanned past Saturday morning practice to give time for you to socialize, relax, or whatever you like to do for fun. Balance is important when you start daily goal setting and scheduling your time. I wanted to include an idea of what I have found helpful with a daily plan.

Monday
Goal for the day: Focus on the Little Things
Extra Workout: Do 15 Push Ups after every Stretch break
Early Morning Prep - Eat Something and Stretch
Morning Practice
Post Practice - Eat More and Turn Brain On
School (I would include important assignments here)
Get a Snack and Stretch
Review Important Topics Covered in Class
Evening Practice
Dinner and Family Time
Finish Homework for the Day
Stretch
Review Tomorrow's Daily Goal

It is so important for you to have goals set for yourself and to continue to update those goals. Short term goals will help you to achieve the long-term goals that you are reaching for from just dropping time in an event to making an important cut.

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