**GOAL SETTING WORKSHEET**

Goals in swimming are important to help you focus on why you are doing all the fun stuff we do in practice. Goals should be stated positively (what you want to do). Since this is swimming, Goal Race Speed goals are also important, as they will be used in our training.

STEP 1: Determine an OUTCOME GOAL. This can be a time, a meet you want to qualify for, or some other important level of achievement for you.

STEP 2: What TIME will you need to achieve this outcome goal?

A. Goal Time in whatever pool course is relevant

Pool Course: SCY SCM LCM

Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STEP 3: Since we train/compete in all 3 sizes of pools, you will need to convert your time from one pool length to both of the other two. Use this TIME CONVERSION TOOL to help you:

<https://www.teamunify.com/osthsc/__doc__/time-conversion-tool.html>

This Time Conversion Tool can be accessed from our website under For Swimmers tab>Time Conversion Tool

GOAL TIME (SCY) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GOAL TIME (SCM) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GOAL TIME (LCM) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STEP 4: GOAL RACE SPEEDS (GRS) for all 3 courses.

A. Take the Goal Time and divide it by the distance of the event (Be sure that the time is in seconds, not minutes & seconds!)

B. Take the answer and multiply it by 100, 75, 50, & 25 to get the GRS for those distances.

Example: Goal for 200 FREE = 2:24.09 in SCY (2:24.09 is 142.09 seconds)

142.09/200 = .74545

.74545 x 100 = 74.5 (which is 1:14.5); .74545 x 75 = 55.9; .74545 x 50 = 37.3; .74545 x 25 = 18.6

STEP 4: List 3 PROCESS GOALS you will need to achieve your OUTCOME GOAL

STEP 4: Fill out the GRS / PROCESS Goals Form – You may do more than just 3 events if you want to.

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PROCESS GOALS (at least 3)**

**EVENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GOAL TIME : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SCY SCM LCM**

**GOAL RACE SPEED (GRS)**

**SCM SCY LCM**

**100**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**75**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**50**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**25**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PROCESS GOALS (at least 3)**

**EVENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GOAL TIME : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SCY SCM LCM**

**GOAL RACE SPEED (GRS)**

**SCM SCY LCM**

**100**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**75**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**50**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**25**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PROCESS GOALS (at least 3)**

**EVENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**GOAL TIME : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_SCY SCM LCM**

**GOAL RACE SPEED (GRS)**

**SCM SCY LCM**

**100**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**75**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**50**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**25**

**\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**