



Session 2 Agenda – May 11, 2015

1. Moving forward with swimming

2. Goal Setting – a mental skill that drives performance

- Long-term Goals
- Short-term Goals
- Season Goals
- Training Objectives
- Using a Goal Setting worksheet

3. Distinguishing yourself through Mental Skills

- Using powerful words
- Controlling your thoughts
- Staying “In the moment”
- Using a Self-Talk worksheet

4. Nutrition & Hydration

- Before, after and during exercise needs
- The importance of overall diet quality
- Guidelines for Carbs and Electrolytes
- The 4-R’s – Replenish, Repair, Rehydrate and Recover

5. Training Peaks Tips

- Calendar and Dashboard Views
- Premium account Trial period
- Where to enter and/or locate training zones
- Compliance goals