



PRECISION SWIMMING

MARGARET RIVER

28 Day Kickstarter

30 DAY GOAL:

3-6 MONTH GOAL:

Never Miss a Session!

Tuesday

6:00 PM

Wednesday

6:00 AM

Thursday

6:00 AM

Saturday

8:00 AM

Getting Started Checklist

- Join the Precision Swimming WhatsApp group (scan QR below)
- Follow us on Instagram and Facebook
- Explore **The Lab** for free stroke guides, drills, common faults, and workouts
- Download your training program (Beginner, Foundations, or stroke-specific)
- Get your swim kit ready: goggles, swim cap, towel, water bottle, fins
- Book your sessions



JOIN WHATSAPP



THE LAB



BOOK SESSIONS

Questions? Text Flynn: 0476 136 896



Your First Session

- 1 Arrive 10 minutes early.** Come and meet Flynn, your coach. Quick intro, show you around, get you sorted.
- 2 Gear goes at the end of the lane.** Chuck your bag, fins, and gear at the end of the pool where we are swimming. If you do not have gear, come see Flynn and he will sort you out.
- 3 Session structure:** easy warm-up, skills and drills, aerobic main set, cool-down. The set is always written up on the whiteboard.
- 4 Take a break whenever you need.** If you want to stop during a set and have a breather, go for it. This is a social fitness environment, not a performance environment.
- 5 Not sure about a drill? Just ask.** There are no silly questions. Flynn is happy to help.

Building Your Swimming Habit

Based on the proven framework from Atomic Habits. Small changes compound into remarkable results.

Law 1

Make it obvious

Pack your swim bag the night before and leave it by the door. Set a recurring reminder on your phone for every session. When it is visible and scheduled, it happens.

Law 2

Make it attractive

Pair swimming with something you enjoy. Listen to your favourite podcast on the drive to the pool. Treat your session as time away from screens and stress. Associate the pool with feeling good.

Law 3

Make it easy

Keep your bag packed and ready at all times. The hardest part is getting to the pool. Once you are in the water, you will always do more than you planned. Even a short swim is better than no swim.

Law 4

Make it satisfying

Your coach tracks your progress on your session card. Watch the stamps add up. Notice how you feel after every session. Consistency brings results.

Core Strategies

- 1 Habit stack it**
After I drop the kids off, I go straight to the pool.
- 2 Use the 2-minute rule**
Tell yourself: "I will just do the warm-up." You will always keep going.
- 3 Never miss twice**
One missed session is fine. Two in a row starts a new pattern. Get back in the pool.
- 4 Pre-commit**
Tell someone you are going. Book the session. Put it in your calendar. Make it harder to skip.
- 5 Join the squad**
Surround yourself with swimmers on the same path. The squad keeps you accountable.



Swim Metrics Tracker

Track your progress every 4 weeks. Improvement in swimming is often felt before it shows on the clock.

Name:

DATE	50M FREE TIME	100M FREE TIME	STROKE COUNT (PER 25M)

Swimming goals description:

Performance Benchmark Tests

Test yourself every 4 to 6 weeks using the same conditions. Warm up properly before testing.

DATE	50M FREE	200M FREE	50M BACK	50M BREAST	50M FLY	100M IM



Your Goals

Take a few minutes to think about these. Writing your goals down makes them real.

01

What is your 3-6 month swimming goal, and why is it important to you?

02

What sort of person do you want to be in 3-6 months?

03

How will you feel when you achieve your goals?

04

How will you feel if you do not achieve them?

Your Commitment

I will train _____ days per week, moving forward.

What to Expect

Week 1: Show Up

Get to the pool. Do not worry about speed or technique. Just move through the water and get comfortable with the structure.

Week 2: Find Your Rhythm

The workout format feels familiar. Your body starts adapting. Breathing feels a little easier.

Week 3: Build Confidence

Drills start clicking. You catch yourself thinking about technique mid-stroke. Your stroke count drops without trying.

Week 4: Own It

Swimming feels like part of your week. Your times start to drop. You have a routine, a lane, a rhythm. The habit sticks.

Pool Etiquette

Circle swim when sharing a lane: swim up on the left, back on the right. **Rest at the wall** and tuck into the corner so others can turn. **Let faster swimmers pass** at the next wall if someone taps your toes.

Bring a Friend for a Free Trial

Know someone who would enjoy this? Bring them along to any session. Just let Flynn know beforehand.