MENTAL GRIT | UTAH SWIMMING

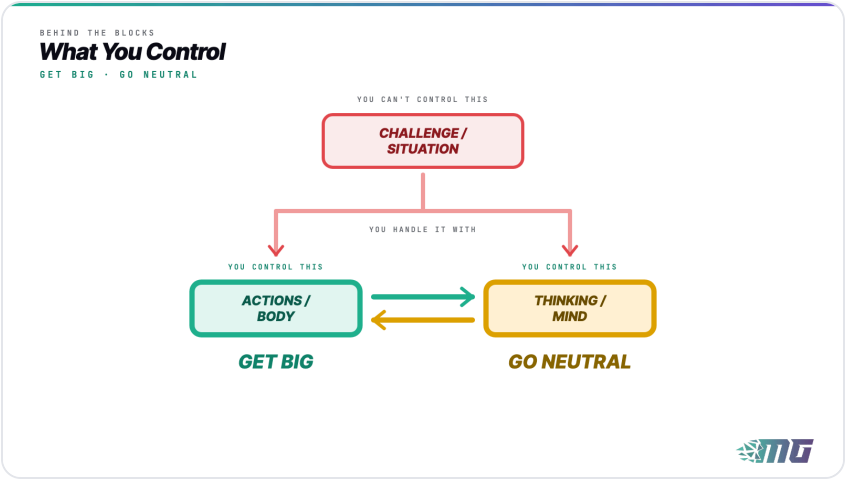
OFFICIAL MENTAL PERFORMANCE PARTNER

NOVEMBER · BEHIND THE BLOCKS

SIDE 1 · KNOW IT

Get Big. Go Neutral.

Faster heart, quick breathing, a jolt of energy. That's your body getting ready to race. You can't control the challenge. You control your actions and your thinking.



1 Get big

Shoulders back, chest open, head up. Take up space for 30–45 seconds.

It's hard to believe the negative when you're big.

2 Go neutral

Red thoughts live in what might be and what has been. Come back to what is.

5	4	3	2	1
see	hear	feel	know for certain	breath · land

No time? One of each — finish on the breath. Find it fresh; don't recite.

You don't have to be positive. Neutral is enough.

Flip it over: how to really run the 5-4-3-2-1.

Run it. Don't recite it.

Not a list to memorize. Find something new every time — the point is to actually be here.

5 See
Really look: a color, an edge, something moving.

4 Hear
The closest sound. The farthest sound.

3 Feel
The tile under your feet, your cap, water on your skin.

2 Know for certain
True right now, or true from the work you've done.

1 Breath · the most important one
One slow, full breath. **Out first**, all the way. Then in low: stomach, then chest. Everything before it brings you here. **The breath is where you land.**

No time? One of each — and still finish on the breath.

MY REPS THIS WEEK · WHERE I RAN IT

MON	TUE	WED	THU	FRI	SAT	SUN

WHEN IT GETS HARD

- ☐ **Get big** — Take up space. Help your mind out.
- ☐ **Go neutral** — See, hear, feel, know — then breathe.

Red comes back? That's the rep.

Mental toughness is noticing you're in the red and doing something about it — over and over again. Negative to neutral. Keep this card in your swim bag.