

# Trust The Process

By Olivier Poirier-Leroy

You see it hashtagged on Instagram, you hear it in post-game interviews from other sports, and it's what your coach yells out across the pool deck when you are having a bad swim practice.

*In my three decades of coaching, I've learned that **the process is much more important than the result.** – Nick Saban*

This attitude and approach has become prevalent around the edges of the pool as well.

For a moment lean back and think about all the work you need to do in order to crush your PB at the end of the season.

All those early morning workouts. The improvements in technique. Tightening up your streamline. Powering up your underwaters. Improving your core strength.

The meters, on meters, on meters.

Are you sighing yet? Feeling a little overwhelmed? Paralyzed even—like, “How can I possibly do *all* that stuff?”

That's a natural reaction when we try to swallow our big goal with one bite.

This sense of being overwhelmed leaves us feeling stressed, anxious, and hammers performance.

By focusing on the process you zoom out from the big picture perspective that leaves us feeling stunned and paralyzed, and instead get up real close with *what needs doing today*.

Trusting and focusing on the process strips your goals down to the next lap and the next stroke.

It's doing what you need to do.

The process looks easy. It's not. It's *simple*. Big difference.

**Trusting the process is hard:** It requires faith in an uncertainty. And that's why so many athletes have a difficult time with it. Because there is no sure thing, we keep looking for something better, something shinier, something more effective than what we are doing, abandoning momentum and progress for the sake of novelty.

**Trusting the process is tough:** There will be times where you feel like it's not working, not working fast enough, or it's simply harder than you anticipated. Going full-blown process-based with your goals is not a turn-key solution to your motivational woes: it's not as though you look in the mirror and say, "Trust the process!" and everything is smooth sailing. The process is tough because it requires you showing up and pushing failure each day in practice.

**Trusting the process can be counter-intuitive.** Focusing on today's workout—and setting aside the anxiety that comes with stressing about our races—is supremely simple, but hard to do. For some swimmers, it seems ridiculous: the way to achieve my goals is to stop thinking about them? Yeah, basically. Worrying about your goals doesn't increase the chances of them coming to pass. You already *know* this. And yet we do it anyway.

**Trust the plan.** There will be moments where your swimming seriously needs a course correction. You need to do something new. ([Just one of the reasons we race](#): it gives us an excellent barometer of how our training is going.) There is no denying that there will be times where your swimming is broken and needs some serious TLC. But if you are jumping ship frequently, you aren't giving yourself a chance to allow your training to pan out.

**And the biggie—trusting the process means having trust in yourself.** Being fearful that we won't be okay if things don't go our way is typical. But guess what—you've been through worse before. And you will persevere through future moments of adversity and pain. You were okay yesterday, and you will be okay tomorrow.

Full article: <https://swimswam.com/trust-the-process/>