

The Way to Swim a Race

The way to swim a race is this--

Keep that magnificent brain you were given for the race only.

Nothing else should even enter your head at the time because the man working the shiny buttons and rusty switches in there can only think of one thing at a time.

For now.

The way to get him to focus is this--

Don't think about it.

Live every single second of the race before you even touch the water.

You'll already know fast the flip turn was.

You'll know what the start looked like and how serene the streamline off the wall was.

Don't think while you're up there.

Wait until it's over to do that.

The hardest part will be remembering what a healthy person should be doing every second of his life.

Breathing.

You should already know to do this.

You could drown. It is water, the bane and the pure joy of a swimmers existence, afterall.

Don't think about it.

Breathe when you think you should.

Don't breathe as long as possible.

It will be faster if the little man in your head is screaming for air.

Get up on the block. Don't be nervous.

Just swim.

You are the viper.

You are the flying fish.

--Kyle Mollinet[✓]--

