

Mark Spitz

Quotes

*Sports, Winning, Swimming, Years, Inspirational, Successful, Records,
Workout, Olympics, Summer, Motivational, Exercise, Brain, Ifs, Attitude, Firsts,
People, Spring, Broken, Guarantees*

I swam my brains out.

~Mark Spitz

I'm trying to do the best I can. I'm not concerned with tomorrow, but with what goes on today.

~Mark Spitz

Life is everchanging, if you cease to change, you cease to live.

~Mark Spitz

If you're fail to prepare, you're prepared to fail.

~Mark Spitz

We all love to win, but how many people love to train?

~Mark Spitz

It has nothing to do with swimming. That happens to be my sport. I'm trying to see how far I can go

~Mark Spitz

Swimming isn't everything - winning is.

~Mark Spitz

If you are relaxing and subconsciously thinking about your coming race, you are going to perform at just about 100 percent efficiency.

~Mark Spitz

If you want to be Mark Spitz then go for it. If you want to be Michael Phelps then you'll have to work for it. Nobody should wake up to a lower expectation of themselves.

~Mark Spitz

And if you have high cholesterol, you would feel the same as if you had low cholesterol because there are no side effects, no symptoms of

having high cholesterol.

~Mark Spitz

What it is saying is that someone who was a world champion and who takes care of himself with a 17-year rest and applies the proper training techniques and perseverance could be successful.

~Mark Spitz

The only side effect of too much training is that you get into better shape. There is nothing wrong with that.

~Mark Spitz

I wasn't able to lower my cholesterol so they put me on a statin drug. It is called lipitor. I was able to lower my level in about 30 days from above 300 to below 200.

~Mark Spitz

Yes, I believe that the art of winning is through intimidation, and not necessarily do you have to speak about it.

~Mark Spitz

Past performance speaks a tremendous amount about one's ability and likelihood for success.

~Mark Spitz

By making a comeback, I'm changing the attitude of people toward me. If I'd known that people would react so enthusiastically, I'd have done it years ago.

~Mark Spitz

There are times I might coach one or two workouts a year when the regular coach gets caught in traffic

~Mark Spitz

In everyday life there is always manana. There is no urgency

~Mark Spitz

Well my thoughts on American swimming are that our prospects look favorable, but we may not have as strong a showing in the gold medal count as in previous Olympics. But I am not coaching

~Mark Spitz

My biggest loss was the Olympics. I just can't forget losing. I never will

~Mark Spitz

The pool is terrible, but that doesn't have much to do with my record swims. That's all mental attitude.

~Mark Spitz

Everyone loves to be loved.

~Mark Spitz

Life is true to form, records are meant to be broken

~Mark Spitz

If you have a lane, you have a chance.

~Mark Spitz

I am not qualified to talk about the diet. Simply because I am not a dietician.

~Mark Spitz

So in my mind I own a lot of house records still

~Mark Spitz

(American swimmer, 1972 Summer Olympics, on winning seven gold medals Inspirational) I swam my brains out.

~Mark Spitz

When you need a lifestyle change due to [health issues], a dietary change is usually the first thing you need to take control of.

~Mark Spitz

Because a known fact is better than an unknown fact.

~Mark Spitz

I just tried to keep my cool and continue with my race plan: to win.

~Mark Spitz

I walked away from the sport for 17 years, then started swimming again recently in a master's program.

~Mark Spitz

I went through a lifestyle change when I dropped 40 pounds. Taking care of my diet was the first thing I did.

~Mark Spitz

I am going to sit there and watch Michael Phelps break my record anonymously? That's almost demeaning to me. It is not almost - it is.

~Mark Spitz

As a kid, chess was the first thing I studied in a structured way that helped me gain the discipline to study medicine and become successful doctor.

~Mark Spitz

Do any exercise you want as long as you're willing to do it. You see gym equipment on TV advertisements all the time, but guess what? It's only good if you actually use it.

~Mark Spitz

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