



***When designing your goals *take your time*. Really think about what you want to achieve in the upcoming race season. Follow these guidelines.

1. *Your goal must be measurable.* *Be specific. Stating "get better" is vague. Stating finish xyz in race in 2:15 is specific*
2. *Your goal must be under your control.* *Your goal is not based on other people. If your goal is to beat Kathy in a race and Kathy has 3 flats, falls in a hole and has to be rescued but still finishes, have you really beat Kathy?*
3. *Your goal must stretch you but be realistic:* *If you have raced for 5 years and never broken 13 hours in an Ironman. Having a goal to go to Kona when the average qualifying time in your age group is 10:05 is probably not realistic.*
4. *Your goal must be stated in the positive:* *Your goal must keep you focused on what you want to happen, not what you want to avoid. Focus on what to do versus what not to do.*

It is a smart idea to consult with your coach on your race schedule prior to registering. If you have already registered for a race listed below please indicate such by placing an * next to the race. If you haven't signed up yet please indicate with a **.

A Races: These are the most important races of the season and all of your training is designed to achieve your goals associated with these races. No more than three A races in a season. Best if clumped together in 2-3 week blocks or separated by 8 or more weeks.

Date of Race Name of Race Distance Prior results Goal

B Races: These are important races but you will not taper for these races like you're A races. You will get a very short taper. You can have up to 6 B races in a given season. It is suggested you find some races that fit into your training plan i.e. an Olympic distance race three weeks prior to an Ironman or a 10k two weeks before you're a Olympic distance Race:

Date of Race Name of Race Distance Prior results Goal

C Races: These races are done for fun or as tune ups for you're a races. These are "train through" races and there is no peaking and minimal rest prior to race day.

Date of Race Name of Race Distance Prior results Goal

What are the two or three most important goals you want to achieve next season? These are the ones that will determine your success when the season is over. Be specific

1:

2.

3.
