

Setting your Goals

The first step in the development of a training plan is setting your goals. Understanding what you want to achieve this season and beyond will help us devise a plan to lead you there.

As you devise goals, it is important to consider not just *outcome* goals, but also *performance* goals and *process* goals.

- **Outcome goals** have to do with placement in a race (e.g. taking first overall, finishing top three, etc.).
- **Performance goals** have to do with achieving a certain time (e.g. breaking 10 hours in the Ironman).
- **Process goals** have to do with *how* you compete (e.g. keep my cadence high during the last half of the run).

We have the most control over process goals and the least control over outcome goals. While outcome goals provide long-term motivation, performance and process goals help us focus on what we need to do in the moment of the race.

Types of goals and amount of control over them



Tips for goal setting:

- Devise goals that are **measurable** (e.g. run a sub-3:40 marathon).
- Devise goals that are **specific** (e.g. qualify for the Boston Marathon next year) rather than vague (e.g. improve my marathon time).
- Goals need to be **challenging** and difficult, yet realistic.
- Goals need to be **under your control** (i.e. focus more on performance and process goals rather than outcome goals).
- State your goals in the **positive** (e.g. run under 40 minutes for the Memorial Day 10K; *instead of* run no slower than 40 minutes in the Memorial Day 10K).
- Devise and write down goals that are agreeable to you, that you will commit to, and that you are willing to **accept as your own**. Remember, these are your goals!



Goals

Athlete: _____ Date: _____

LONG-TERM DEVELOPMENT IN THE SPORT. What do you want to accomplish 2, 5, 10 years or more down the road? What is your dream goal(s)? Consider what you enjoy about the sport, what abilities you want to improve, and what achievements will help you mark your improvements.

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THIS SEASON. What do you want to accomplish this season? What are your A-priority races and what do you want to accomplish at these races? What abilities do you want to improve? What performances do you want to achieve?

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THIS SEASON'S RACE SCHEDULE. Write down your race schedule and prioritize those races (i.e. A, B, C).

- **A-priority** races: The two or three most important races of the season. Training will be designed around these races to allow you to peak for them. Ideally, these will occur together in a two or three week time period; or, they may be separated by eight or more weeks.
- **B-priority** races: Up to six races of lesser importance. These are races you want to do well at, but will not peak for. Training will be designed to give you a few days of rest prior to them, but not a complete taper as with the A-races you will peak for.
- **C-priority** races: Races done as tests, hard workouts, experience, fun, etc. These are incorporated into the workout plan—that is, you will train through these races. Deciding whether or not to do one of these races may be left up to the week (or day) of the race.

<u>Race</u>	<u>Date</u>	<u>Priority</u>
_____	_____	_____
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