

Pandemic Goals Worksheet

Yes, there are some races continuing on, but the vast majority of events continue to be canceled and postponed. This has left many asking “What should my goals be if there is no races to train for anymore?”

Here is a worksheet you can use to help you come up with great goals to keep your training moving in the right direction.

There are 3 Types of Goals that are well worth your while with no races in the near future:

1) Personal Challenge Goal

Choose something that really gets you excited. Most likely this will be something that you have been wanting to do for quite some time but just haven't quite had the time being busy training for specific events.

EXAMPLES:

- Treadmill Marathon
- Everesting your favourite hill (What is Everesting? <https://everesting.cc/>)
- 200km ride
- Swimming in the Pacific Ocean
- Hiking the West Coast Trail
- Kayaking every weekend this month

2) Personal Performance Goal

This year, rather than making a performance goal based upon a race event choose an aspect of your training that you want to perform at a certain level.

EXAMPLES:

- Sub 20:00 5K Run
- New PB FTP Threshold on the Bike
- Swim 1500m in under 30 minutes

3) Personal Skill Goal

More confidence, body-awareness and a sense of accomplishment are all huge benefits to picking up or mastering a new skill.

EXAMPLES:

- Flip Turns
- Bike Mount
- Diving
- Beach Entrances
- Run Drills

NOW, make your way through the following exercises to create a plan for how you will come up with your goals and plan to achieve them:

STEP 1: Goal Brainstorming:

First, make a list of all the potential goals that come to your mind. There are no right or wrong answers – this is all about brainstorming!

Next, rate (on a scale of 0-10) how excited each goal makes you. Place a check mark next to each goal you think is attainable.

	Goal Ideas	Exciting?	Attainable?
Personal Challenge			
Personal Performance			
Personal Skill			

STEP 2: Narrowing it Down:

Looking over the list of goals above, narrow down your goals to 2 or 3 that you think you could work towards (make sure they compliment each other and can be done simultaneously).

Goal 1	Goal 2	Goal 3

STEP 3: Self-Reflection

Make a list of strengths you have as a triathlete (physical, mental, technical – anything!)

Make a list of your weaknesses related to triathlon and endurance sport (physical, mental, technical)

Strengths	Weaknesses

STEP 4: Coming up with a Plan

Develop a plan of steps and action items for you to get you closer to your goals. Use the Self-Reflection lists to help you figure out those things you need to 1) continue doing, 2) start doing, and 3) stop doing.

Goal	What am I doing now that I need to <u>KEEP DOING</u> in order to reach my goal?	What am I doing now that I need to <u>STOP DOING</u> ?	What am I not doing that I need to <u>START DOING</u> right now?	What am I most nervous about with this goal?	What strengths that I listed above can I use or rely on to help me overcome my worries about this goal?
Example Goal: Sub 40 minute 10K Run	<i>Managing run injuries well, staying on top of recovery and keeping track of aches and pains.</i>	<i>Failing to complete tough speed sessions when I begin to struggle.</i>	<i>Putting more focus on my hip/glute strength.</i>	<i>Return of shin splints.</i>	<i>My ability to stay in-tune with what my body is telling me.</i>

NOW, it's your turn to turn the steps above into action.

- Focus on your strengths
- Give yourself permission to allow life to get in the way from time to time (but don't let it become an excuse).
- Take weekly inventory to see how you have done the past week in checking off those KEEP DOING, START DOING and STOP DOING's
- Most of all, focus on what gets you excited and HAVE FUN!