

## Season Goals Worksheet

*A GOAL WITHOUT A PLAN IS JUST A WISH.*

There are 3 different types of goals that you should focus on each season:

### 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
- Walking 5K every morning before work
- Cutting out soda from your diet
- Etc.

### 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
- Etc.

### 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
- Etc.

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, specific, measurable, and time-sensitive.*

*Attainable – Do you feel this is an achievable goal?*

*Specific – Is the goal specific enough that you know exactly what you want to achieve. I.e. “I want to run faster” isn’t specific.*

*Measurable – Can you measure what you want to improve?*

*Time-Sensitive – Have you given yourself a date to complete this by?*

	Goal Ideas	Exciting?	Specific?	Measurable?	Time-Sensitive?	Attainable?
<b>Personal Challenge</b>						
<b>Personal Performance</b>						
<b>Personal Skill</b>						

**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).*

<b>Goal 1</b>	<b>Goal 2</b>	<b>Goal 3</b>

**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)*

<b>Strengths</b>	<b>Weaknesses</b>

**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.

<b>Goal</b>	What am I doing now that I need to <b><u>KEEP DOING</u></b> in order to reach my goal?	What am I doing now that I need to <b><u>STOP DOING</u></b> ?	What am I not doing that I need to <b><u>START DOING</u></b> 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?
<b>Example Goal: Sub 40 minute 10K Run</b>	<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>

**STEP 5: Staying Focused**

*Staying focused and motivated to complete goals can be challenging. Use the following brainstorming activity to keep yourself honest and focused during the season ahead.*

With each of the following rows, circle the statement that most resonates with you (only circle one statement per row – all may be true, but which one is most important to you?) In the final row, entitled SUM, tally the number of circles you had in that column.

	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>1</b>	I enjoy making new friends through triathlon	I enjoy feeling the wind through my hair	I enjoy seeing my improvements in my performance	I enjoy having control over my own training
<b>2</b>	I enjoy being around like-minded individuals	I enjoy the feeling of getting in the pool	I enjoy mastering new skills	I enjoy having the freedom to learn new things
<b>3</b>	I value positive, friendly relationships	I value the feelings of happiness that I get when swimming/cycling/running	I value the pursuit of excellence	I value being in charge of my results
<b>4</b>	I value the importance of respect in sport, particularly towards my fellow athletes	I get excited when I think about the sport of triathlon	I love to set and achieve goals	I love having a sense of control over my training environment
<b>5</b>	I am a very social individual	I enjoy the sensations associated with triathlon (ie. wind, water, tired, strong, etc.)	I feel I am a successful athlete	I would consider myself as a self-directed individual
<b>6</b>	I prefer to be around others	-	-	I prefer to be alone.
<b>7</b>		I enjoy training more than racing	I enjoy racing more than training	
<b>SUM</b>				

Which column did you have the most circles? A, B, C, or D? \_\_\_\_\_

Read the following statement associated with the column you picked the most:

- A) *You enjoy making new friends who enjoy doing the same types of activities as you. You are a social triathlete who values the social aspect of the sport. You often find yourself training with others. Racing and training is as much a social event as a physical one. Who have a lot of respect for your fellow athletes and competitors.*
- B) *You enjoy the process of training and racing. You very much enjoy the sights, sounds and feelings of training and racing. You are driven by the feelings of excitement when it comes to racing.*
- C) *You are highly driven by personal achievements. You are continually striving to improve your performance, mastering skills and the search for excellence. You are good at setting goals and find it easy to focus on them.*
- D) *You are a self-directed individual. You prefer to have control over your own training and often get stressed when things affect your training/racing that are beyond your control. You love to learn, and you identify yourself as a student of the sport. You find yourself training on your own more often than in a group or with others.*

*Based on which type of triathlete you are will reflect on what motivates you in the sport. Motivation is needed to set and achieve goals. Knowing what type of athlete will allow you to develop areas of focus to help you reach your goals, or rewards that will help keep you motivated.*

*During your next Check-in, Coach Kyle will address these areas and help to develop a plan that motivates you and keeps you on track.*

<b>A. Motivated by Social Factors (Affiliation)</b>		
<b>Question/Reflection</b>	<b>Brainstorm</b>	<b>Action Items</b>
Are there any training groups locally that would help you reach your goals this season?		
Who can you recruit as a training partner (must be someone on the same level or slightly faster)?		
Do you have the support of your family and friends in your goals?		
Do you have someone you can share your goals with to keep you accountable (other than your coach)? If you do not have a coach, is there anything preventing you from taking that step?		



<b>B. Motivated by Sensation (The Process)</b>		
<b>Question/Reflection</b>	<b><i>Brainstorm</i></b>	<b>Action Items</b>
What sights and sounds do you enjoy the most while training? Is there a way you can connect more with those sensations during training?		
What is the most exciting aspect of triathlon to you? How can you recreate that sense of excitement periodically?		
Are there any sensations or aspect of the sport that make it un-enjoyable? Or hard to stay motivated?		

<b>C. Motivated by Personal Successes (Achievement)</b>		
<b>Question/Reflection</b>	<b><i>Brainstorm</i></b>	<b>Action Items</b>
What skills have you always wanted to learn (connected or not connected directly to racing)?		
What does success mean to you? What does excellence mean to you?		
What are some ways you can very specifically measure your progress towards your goals?		
Have you written down your goals and posted them somewhere you can see them often?		

<b>D. Motivated by Self-Direction (Control)</b>		
<b>Question/Reflection</b>	<b><i>Brainstorm</i></b>	<b>Action Items</b>
What aspects of your training do you have complete control over?		
Does having choices to make in your training sessions help motivate you? What types of decisions do you make on a daily basis while training.		
What aspect of the sport do you want to learn more about, that you think will help give you more valuable knowledge in exceeding your goal(s)?		
Have you written down your goals and posted them somewhere you can see them often?		