Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_

**What is a goal?**

Simply stated, goals are the results that you set out to achieve.

**Why are they important?**

Goals are important because they help set a direction in which to focus your efforts and work. Your training plan is the road map that will get you to the goals you want to accomplish. Without goals you have no direction. Without direction it is difficult to achieve anything.

**Are there different kinds of goals?**

Yes. You will set goals that are for the season, for the month, for a particular race, and for each training session. Thus you have Long Term Goals for the upcoming season, Intermediate Goals for the next month and Short Term Goals for the next weeks. It is also good to look at “Blue Sky Goals” or goals that you dream about happening some day.

Please set the following goals. But always remember goals can and should be changed as you evolve as a runner. What you thought impossible a year ago may now be within your reach. We will come back to these sheets again and again to reevaluate your goals.

First look at the following types of goals and set some general statements about where you want to go with them. Some can have more than one statement or you might feel one is not so important. Think about what is holding you back from achieving your goals and how you might go about accomplishing them.

For each category you have to write a goal statement, the obstacles you might face on your way to achieving that goal, and your plan to reach it.

**Training Goals**

Goal Statement:

Obstacles:

Plan to get there:

**Racing Goals**

Goal Statement:

Obstacles:

Plan to get there:

**Work Goals**

Goal Statement:

Obstacles:

Plan to get there:

**Health Goals**

Goal Statement:

Obstacles:

Plan to get there:

**Mental Goals**

Goal Statement:

Obstacles:

Plan to get there:

**Social Goals**

Goal Statement:

Obstacles:

Plan to get there:

Below please state your training and racing goals for the upcoming season. These will be Long Term, Intermediate, and Short Term. Be Specific!

**Long Term Goals for the Upcoming Season**

**Training and Racing**

1.

2.

3.

**Intermediate Goals for the next month**

1.

2.

3.

**Short term goals for the next few weeks.**

1.

2.

3.

4.

5.

6.

Please write an imagined scenario. You have finished your year of training and racing, What would you write about your accomplishments and how you got there? Be specific!