

# GOAL SETTING

Identifying What Needs To Be Done to Achieve What You Want



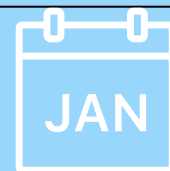
**Patrick Ash, MSc**  
CEO  
Endurance Journey  
Coaching

Our Learning Checklist

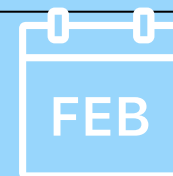
# WHAT WE'LL COVER IN THIS SERIES



Goal Setting



How To Train  
(Fit it all in)



All Things  
Swim, Bike, +  
Run



Health Vs.  
Fitness



Nutrition For  
Training and  
Events



Event Day  
Planning

December Triathlon 101

# THE ULTIMATE ~~GOAL SETTING...~~ IMPROVEMENT GROWTH RESULTS CHECKLIST

What we'll cover in this session...



①

Why Is This  
"Goal" A  
Priority?

②

Understanding  
Your Time

③

Understand  
what needs to  
be done

④

Say NO to Say  
Yes To Your  
Better Self

⑤

Be Ready For  
Peaks and  
Valleys

⑥

The 1% rule -  
How to  
evaluate your  
progress vs.  
results

1

# KNOW YOUR WHY

Having a clear understanding of why you want to make the commitment to complete a triathlon WILL ENHANCE your ENJOYMENT of the journey!



# IDENTIFY YOUR

# 5 WHYS



1

# KNOW YOUR WHY

Having a clear understanding of why you want to make the commitment to complete a triathlon **WILL ENHANCE** your **ENJOYMENT** of the journey!



5 WHYS

1 Why do I want to do this triathlon?

Challenge myself

2 Why do I want to challenge myself?

I'll get fitter and stronger

3 Why do I want to get fitter and stronger?

When I am fitter and stronger I feel better about myself

4 Why do I want to feel better about myself?

When I feel better about myself, I am more assertive and confident

5 Why do I want to be more assertive and confident?

When I am more assertive and confident, I feel in control, make better decisions, and get what I want out of life!

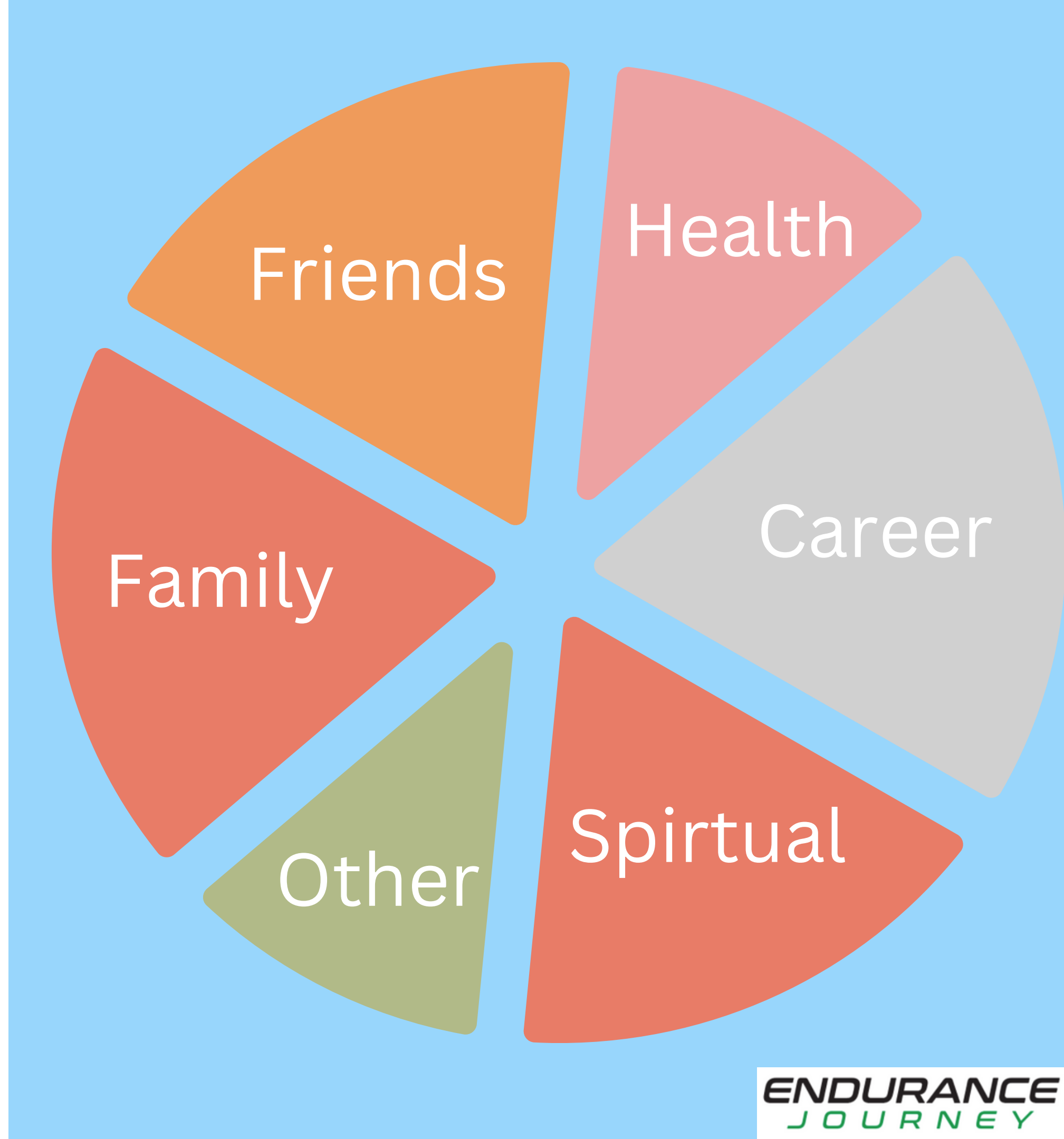
1

# UNDERSTANDING YOUR WHY?

**Event**

**is a vehicle to achieve my**

**Why**



2

# IDENTIFY YOUR TIME AVAILABLE TO PREPARE?

NON - PRIORITIES	MONDAY - FRIDAY	SATURDAY - SUNDAY
MEALS		
WORK		
FAMILY		
SLEEP		
SOCIAL		
TRANSPORT		
TOTAL		
AVAILABLE TIME**		

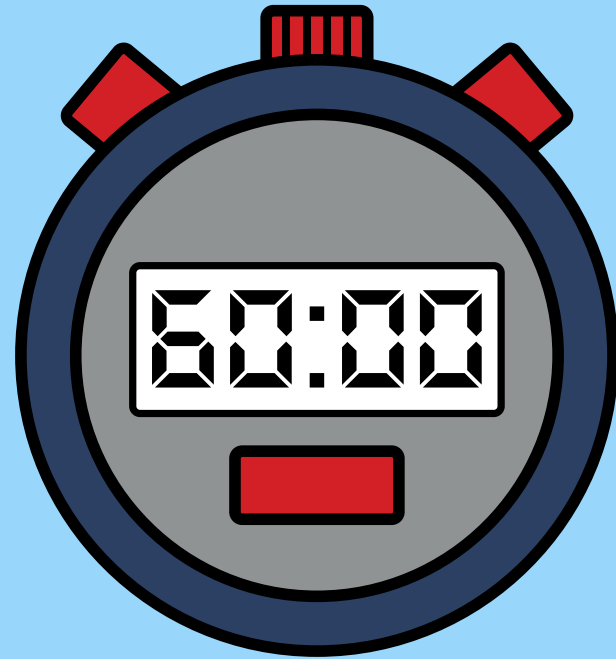
\*\* Available Training Time Must Include Travel To Training Venues



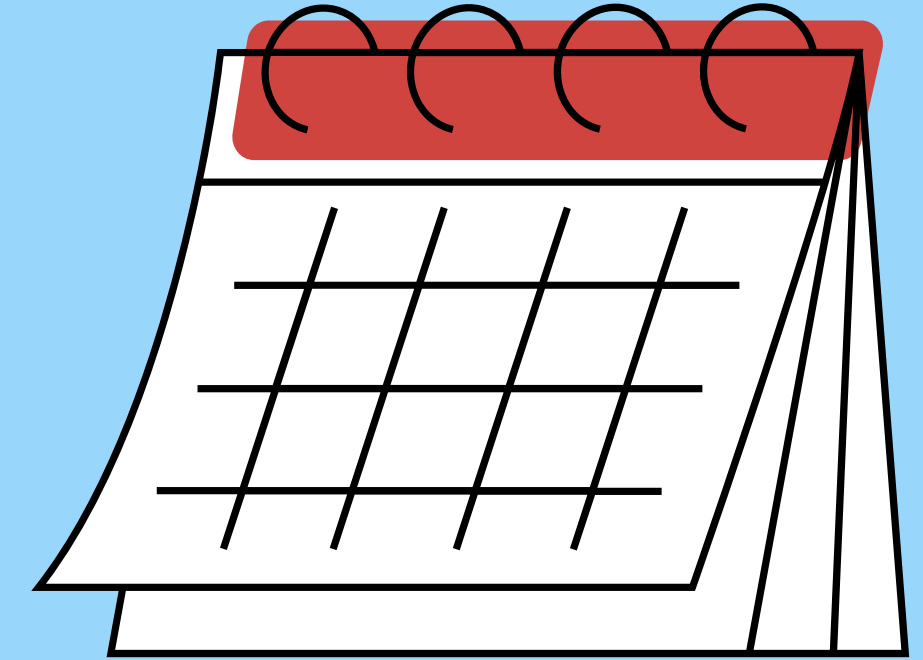
# UNDERSTAND THE TIME COMMITMENT TO BE PREPARED

Picking the **right distance** based on your **available time** to prepare is a key element to ensure you show up **confident and ready** AND enjoy the journey from **START TO FINISH**

3



# HOW TO PICK THE RIGHT DISTANCE FOR YOU?



1

What is your realistic daily time available to train?

Consider all life commitments outside of training time that are non - negotiable (i.e., work, family time, social, volunteer, etc.)

**What is your 10/10 schedule?**

(Does your family support your commitment?)

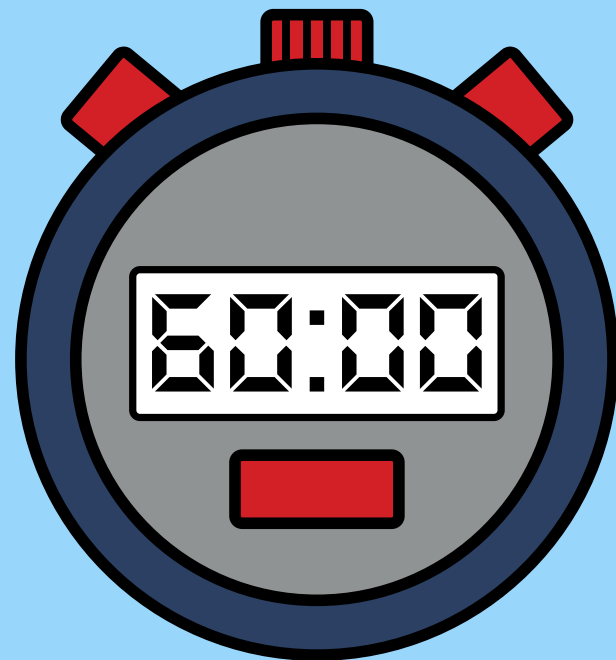
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# IDENTIFY YOUR TIME AVAILABLE TO PREPARE?

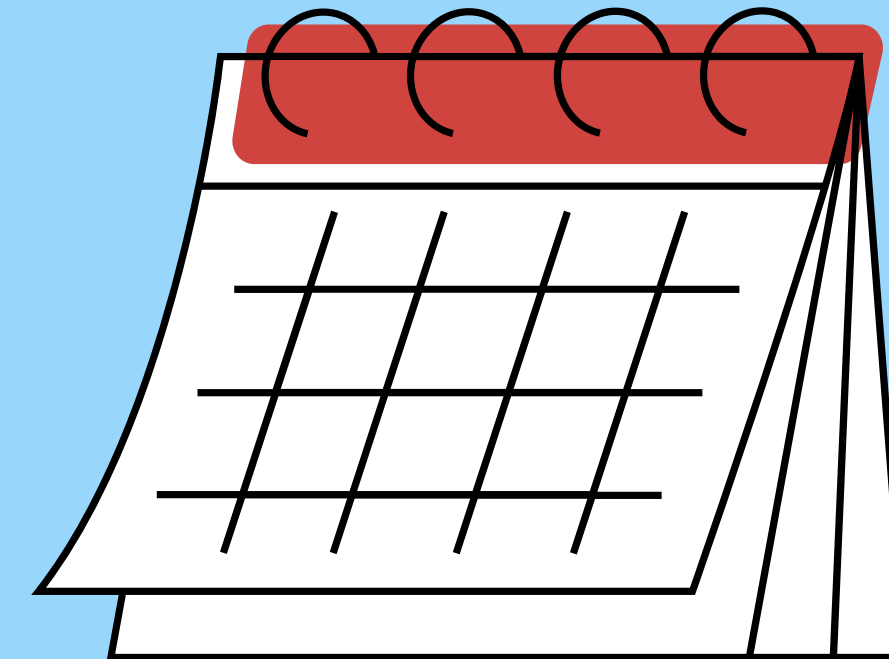
N.N. PRIORITIES	MONDAY - FRIDAY*	SATURDAY - SUNDAY*
MEALS	2	2
WORK	8	3
FAMILY	3	5
SLEEP	7.5	7.5
SOCIAL	1	2
TRANSPORT	0.5	1
TOTAL	22	20.5
AVAILABLE TIME**	2 (TOTAL = 10 HRS)	3.5 (TOTAL = 7)

\*\* Available Training Time Must Include Travel To Training Venues

3



# HOW TO PICK THE RIGHT DISTANCE FOR YOU?



2

Give yourself a comfortable amount of time to prepare for the event

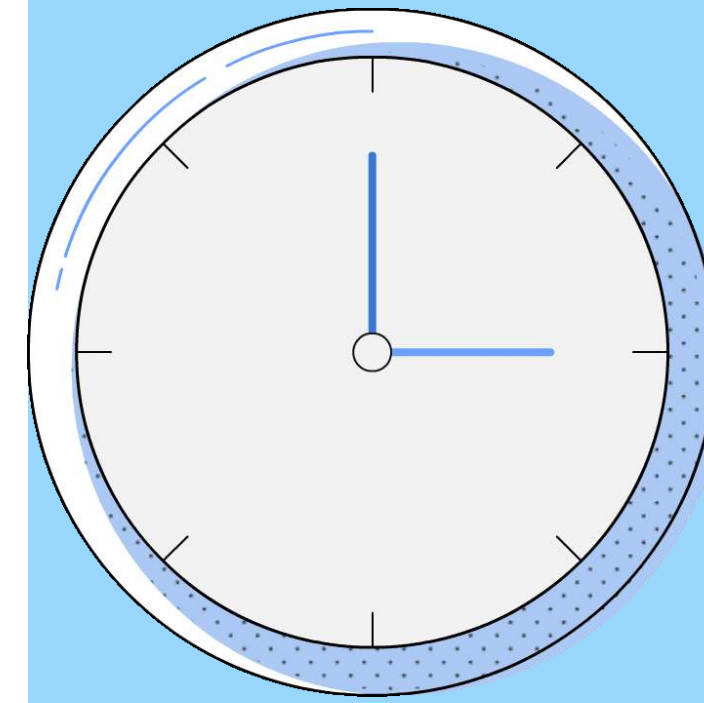
- **Sprint** - 3 to 4 months @ 4-5 hours/week
- **Standard** - 6 months @ 5 - 7 hours/week
- **Half Ironman/70.3** - 9 months @ 8 - 11 hours/week
- **Ironman** - 12 months @ 10-14 hours/week

\*Average weekly training hours

4

# DAILY SACRIFICES

What Can You **SAY NO** To In Order to **Make Time** For Your **YES LIFE?**



**Identify**  
**Limit**  
**Eliminate...**

**Your Time Sucks**



# THERE WILL BE PEAKS AND VALLEYS



5

# TAKE PRIDE IN THE PEAKS

1

Celebrate The Wins  
(no matter how big or small)



# THERE IS OPPORTUNITIES IN VALLEYS

2

Be ready for challenge (who will support you, what is your plan to keep showing up)

Challenges ARE  
Opportunities to learn and  
improve



6

# PROGRESS

1

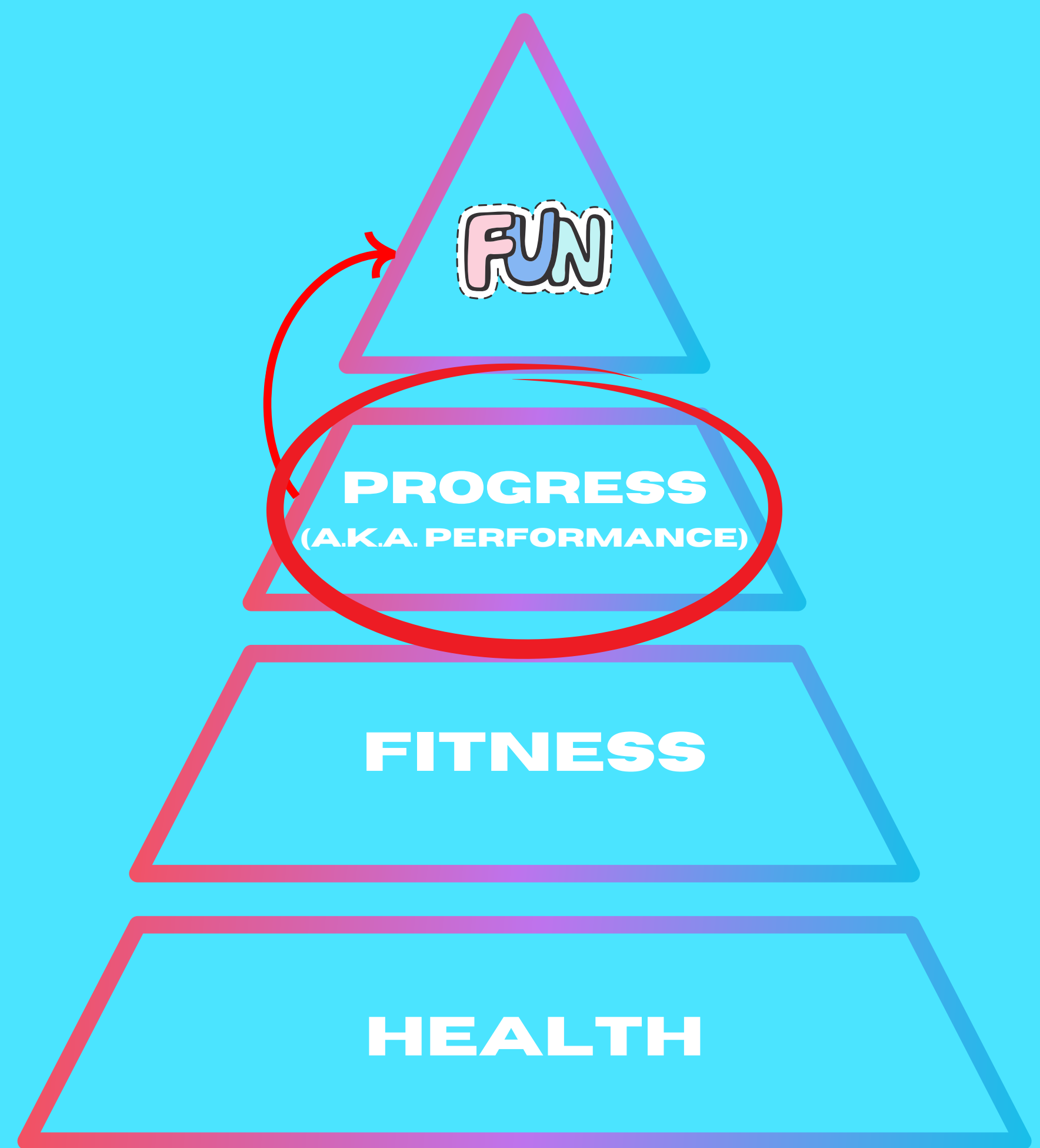
You Versus You

2

Set Targets For Your Own  
Accountability To Your Training

3

Consistency is the  
foundational ingredient to  
create progress



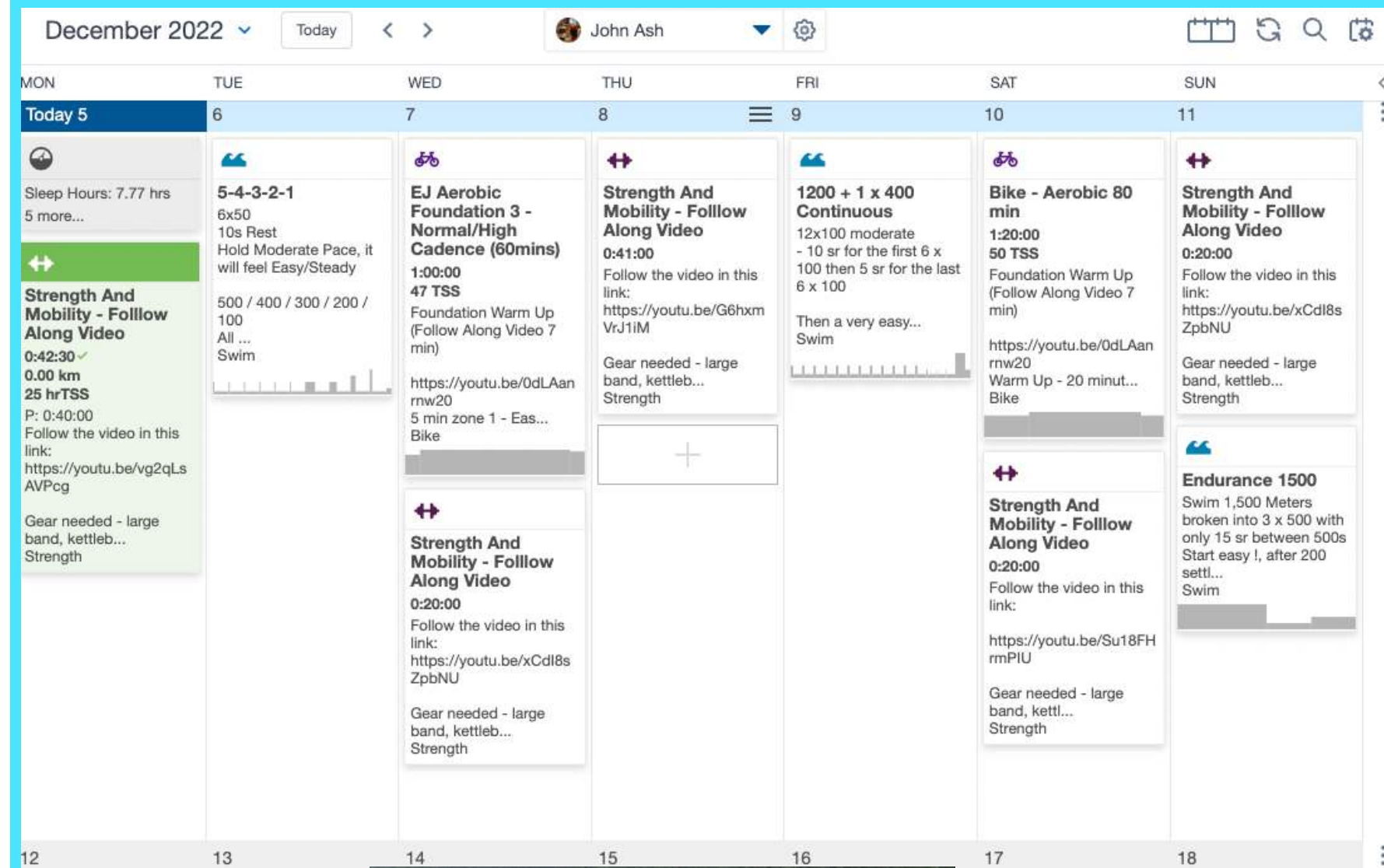
# 1 You Versus You

- Compare your training today to similar sessions you completed in the past
- Compare how you felt doing the session now versus in the past:
  - How you feel (i.e., breathing, perceived effort)
  - How is your form/technique
  - Heart rate, pace, power



## Set Targets For Your Own Accountability To Your Training

- Build and follow your routine
- Progress report to support team/training partners
- Look back to look forward (remember where you started)

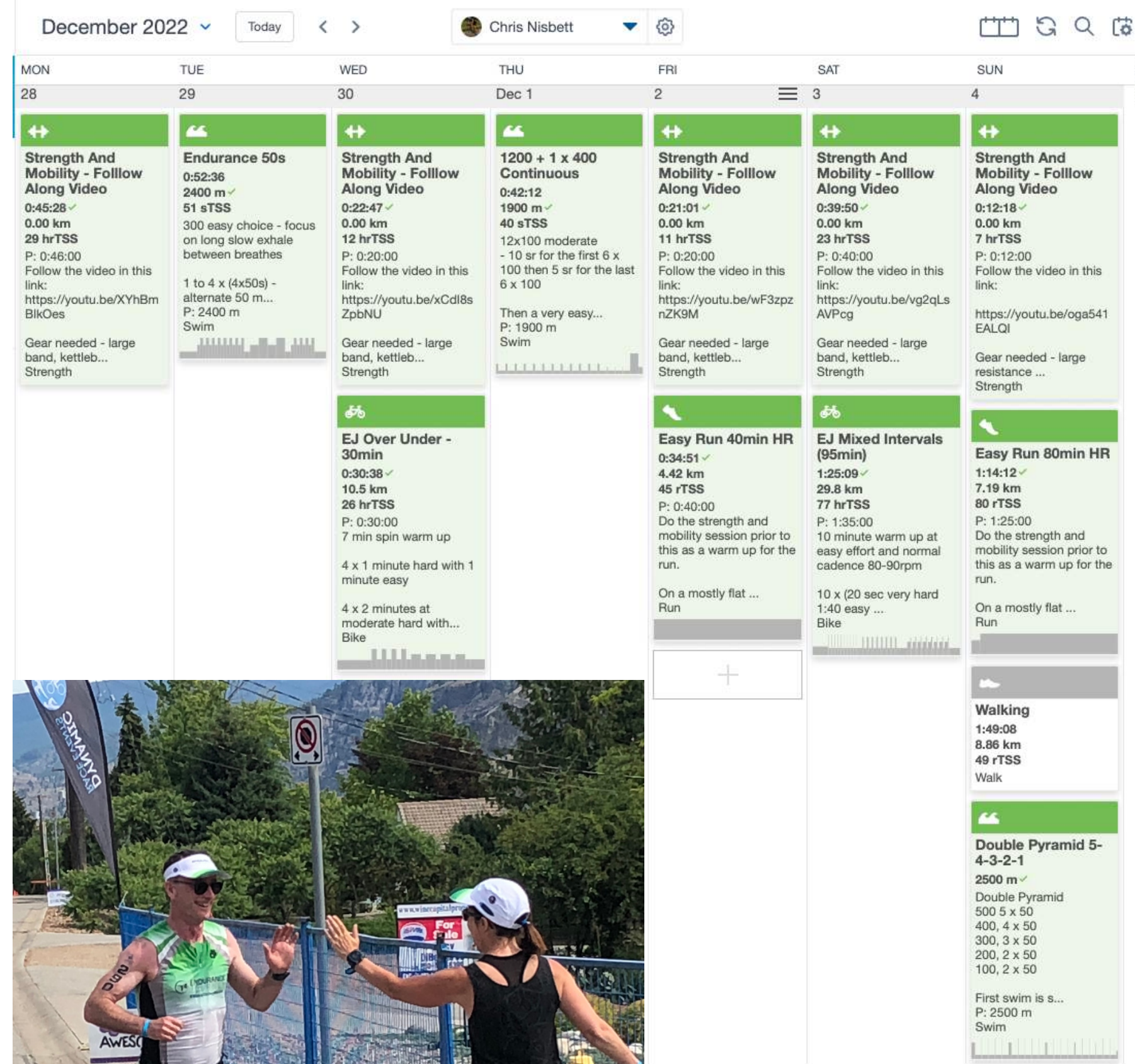


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3

## Consistency is the foundational ingredient to create progress

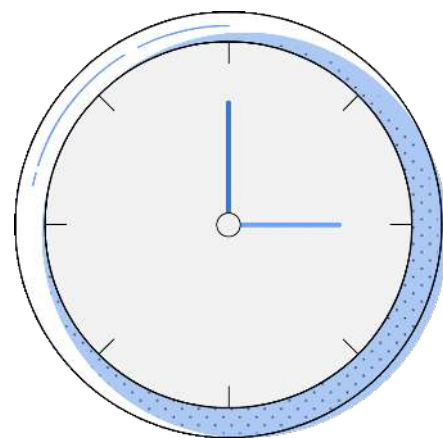
- Create small manageable targets (i.e., 10/10 schedule rule).
- Focus on the positive of what you accomplished
- Be in a community
- At the end of the week, review your progress. Can you do 1% better next week?



# 6 TAKEAWAYS



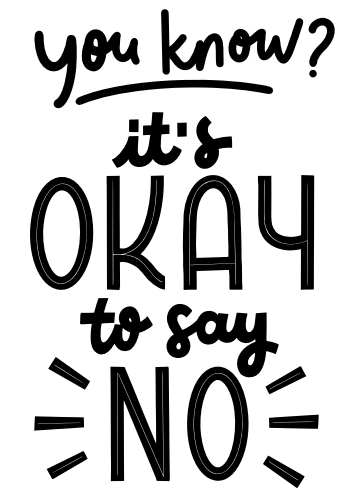
Understand Why  
For You



Be Clear On Your  
Available Time to  
Prepare



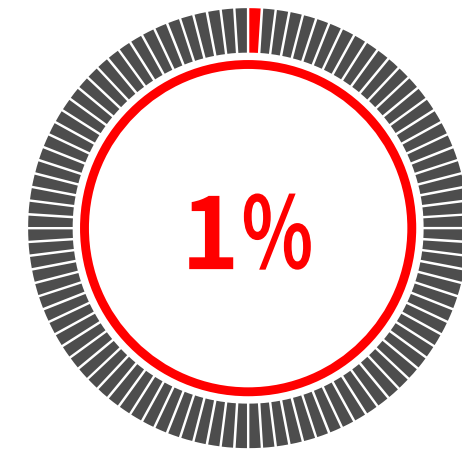
Select your goal  
event based on  
your available  
time



Be Willing to Say  
NO to Habits That  
Are Sucking Your  
Time Away



Be Prepared For  
Peaks and  
Valleys

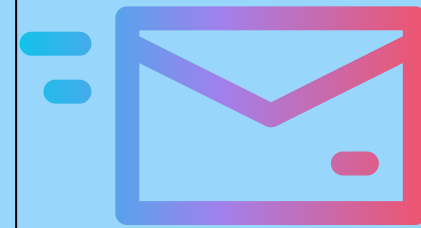


Be 1% Better To  
Make Progress

# THANK YOU!



**NEED SOME HELP?  
CONTACT ME HERE...**



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