



Goal Setting - Set Up Your Season For Success

Part 1 - Identify Your Why?

- Why does this goal matter to you?
- How will this commitment make your life better?

5 Whys (Why do you want to complete _____(Event)

- 1.
- 2.
- 3.
- 4.
- 5.

_____(event) is your vehicle to achieve _____(Your Why #5)

PART 2 - Identify Your Time Available to Train

N.N. Priority Commitment*	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meals							
Work							
Family							
Sleep							
Social							
Transport							
Total							
Available Time*							

*N.N. = non-negotiable **Available time must include travel to training venues

PART 3 - What Event Fits With Your Why and Available Time To Prepare?

The event that fits with my why and available time to prepare is _____.

ENDURANCE JOURNEY

PART 4 - Daily Sacrifices

What are you willing to **SAY NO** to in order to make time for your **YES LIFE**?

Instead of trying to find time, make time by limiting/eliminating the time that sucks in your life (i.e., social media, TV, complaining, gossiping, etc.)

My Time Sucks That I Can Limit/Eliminate Are:

- 1.
- 2.
- 3.

What is 1 time suck you can limit/eliminate now?

Start with a one time suck habit and replace it with a behavior that helps you prepare for your event.

PART 5 - Be Prepared For Peaks and Valleys

No journey in endurance sport from start to finish is free of challenges.

How do you celebrate your progress?

- With who?
- Doing what?
- What is important for you to accomplish in your training session other than just results like speed, power, or pace.
 - For example, showing up, doing your best, enjoying being able to do it - gratitude, consistently completing training day after day, week after week, etc.

3 Ways I will to celebrate my wins are:

- 1.
- 2.
- 3.

3 Ways you climb out of the valleys (i.e., challenging times)

- Who is your support system you can lean on?
- What can you do to show up for yourself? What past challenging experiences have you overcome?
- Challenges ARE opportunities...see what you can learn and improve before going to a dark place

3 Ways I will to deal with valleys are:

- 1.
- 2.
- 3.



PART 6 - The 1% rule - How to evaluate your progress vs. results

3 Ways to Evaluate Your Progress:

1. Compare your training today to similar sessions you completed in the past.

For example, you can compare:

- How you feel (i.e., breathing, perceived effort)
- How is your form/technique
- Heart rate, pace, power

2. Set Targets for accountability.

For example, you can:

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

3. Consistency Is King.

For example, to help build more consistency.

- Create small manageable targets (remember the 10/10 schedule rule). Track your progress
- Focus on the positive of what you accomplished in a session rather than the negative. It's ok to reflect on what did not go well, but don't dwell on it. Ask what you can learn from that situation and use it to improve in the future.
- At the end of the week, review your progress. What did you learn?

3 Ways you will evaluate your progress are:

- 1.
- 2.
- 3.

Looking for support with your next event preparation? We offer training plans, one-to-one coaching, and group training to help you achieve this season. Learn how we can help you [here](#).