

## Goal Setting

### Goal Setting is a Mental Skill that Drives Physical Results

#### Wishes, Dreams and Goals

Most of us go through life never coming close to our limits and living only on wishes. But wishes are important; they're the start of great feats. Wishes grow into dreams when mentally "seeing" yourself accomplish the dream is possible. Dreams turn into goals when a plan for attaining them is defined. Goals become a mission when unwavering self-belief and purposeful zeal are realized. Big challenges require mission status. The difference between a goal and a mission is attitude. Missions are evidenced by an accompanying passionate commitment. With the proper attitude, almost anything is possible. When you believe, you can achieve.

*Joe Friel*

**Long Term Goals (LTG):** are formidable combinations of short-term goals strung together and performed in a continuous action, to show an achievable outcome. Outcome goals focus on the results of a LTG (dream goal) or high priority season goals.

Examples of outcome goals:

- Complete my first Sprint-distance triathlon at the 2015 Oro Valley triathlon
- Finish in the top half of my age group at the 2015 Tempe Olympic triathlon (9/15)
- Complete my first century bike ride at the 2015 El Tour de Tucson

**Short Term Goals (STG):** are simpler, more focused objectives. STGs act as milestones or stepping-stones for measuring progress towards achieving longer-term goals. STGs are frequently arranged in sequence of increasing difficulty or challenge. Performance and process-oriented goals focus on specific aspects of a goal to insure movement and progress. (ex. skill building, lifestyle changes, mental tactics, etc.)

Examples of performance and process-oriented goals:

- Ride 2 non-stop loops of Saguaro East on my bike by Sept. 1 (force)
- Complete 2 swim workouts a week for 4 weeks in a row by July 30 (lifestyle)
- Keep a food log for 2 weeks as a first step to improving my diet (nutrition)
- Develop a self-talk routine to control nervousness at the start of a race (mental tactic)

**Training Objectives (TO):** are performance-oriented goals that focus on eliminating or reducing limiters and weaknesses.

- Improve swimming speed and efficiency
- Improve cycling skills and endurance
- Avoid running injuries

## Season Goals, Training Objectives & STGs

Season Goals are outcome goals that motivate and build skills and fitness towards achieving a desired result for an upcoming season, usually defined as a select number of months.

Below is an example of a season goal and accompanying training objectives for a triathlete:

### Season Goal and Training Objectives for a Triathlete:

Season Goal Description:

Complete the October 2015 Oro Valley sprint triathlon under 01:40:00

Date:

October 4, 2015

Training Objectives:

1. Improve swimming speed and efficiency
2. Improve cycling power and endurance
3. Increase running cadence and avoid running injuries

Below are examples of short term Performance and Process-Oriented goals for this athlete:

### Short Term Performance and Process-Oriented Goals:

1. Perform an 800-meter swimming Time Trial in August to establish baseline
2. Sign-up and complete 4 swim lessons by July 30th
3. Complete a 2-hour bike ride in September at 17 mph or greater
4. Stretch and use a foam roller after every running workout
5. Implement preventative measures for Achilles tendonitis



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# Goal Setting Worksheet

## Season Goal:

### Season A-Goal Description:

### Date:

### Training Objectives: (prioritize)

- 1.
- 2.
- 3.

### Short-term Performance and Process-Oriented Goals (be specific)

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

What resources (people, services, financial, time, etc.) can be enlisted to help achieve my goals?

### Long Term Goal Description:

### Date:

### Training Objectives: (prioritize)

- 1.
- 2.
- 3.

### Short-term Performance and Process-Oriented Goals (be specific)

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

**Long Term Goals (LTG):** formidable combinations of short-term goals strung together and performed in a continuous action, to show an achievable outcome.

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**Training Objectives (TO):** performance-oriented goals that focus on eliminating or reducing limiters and weaknesses.

**Reality Check:** Once you've set your goals, look them over. If you can't answer yes to each of the following questions, try resetting or restating your goals so that you can.

- \_\_\_ Are my goals specific?
- \_\_\_ Are my goals challenging?
- \_\_\_ Are my goals realistic given the resources I have available?
- \_\_\_ Are my goals observable or measurable?
- \_\_\_ Do my goals deal with factors within my control?

+++++ **DAY DREAMING** +++++

What is my Dream Goal as an athlete (long-long term goal)?

What will it take to achieve this dream goal? Be as specific as possible.

What types and levels of physical activity do I see myself doing in 5 years? How about 10 years? (These do not need to be entirely sport-specific. Think of physical activity in terms of strength, endurance, flexibility and balance).