

## Goal setting for the racing season

**What was my absolute racing highlight this past season?**

Highlight:

Why:

**What were my 3 best races in the past season?**

Race 1

Race:	
Placing:	
Why:	

Race 2

Race:	
Placing:	
Why:	

Race 3

Race:	
Placing:	
Why:	

**What were my 3 worst races in the past season?**

Race 1

Race:	
Placing:	
Why:	

Race 2

Race:	
Placing:	
Why:	

Race 3

Race:	
Placing:	
Why:	

**List 3 improvements in the following areas over the past season**

Performance

1.	
2.	
3.	

## Goal setting for the racing season

For example, better race results/placing, more consistence performance, better overall results/standing, faster time-trial performance, faster hill climbing performance, better performance at short/long races.

### Technical

1.	
2.	
3.	

For example, cornering skills, pedalling form, descending skills, riding certain types of obstacles, braking skills, climbing form.

### Physiological

1.	
2.	
3.	

For example, power-to-weight, flexibility, core strength, overall strength, explosive force, endurance, short and/or long intense efforts (intervals), recovery after endurance events/workouts, recovery time right after intense efforts, adequate rest, adequate sleep.

### Tactical

1.	
2.	
3.	

For example, pacing, finish line sprint, fast starts or breaks, drafting, sprinting into single-track, working with competitors, taking advantage of personal strengths/skills in races, passing.

### Psychological

1.	
2.	
3.	

For example, listing race highlights after each race, ability to focus during the race (section by section, bit by bit), ability to remain positive in challenging race situations, ability to encourage self during the race, encouraging competitors during the race to mutually push personal performance, using internal power words to help achieve personal performance (e.g. smooth, power, fast, flow, go), ability to visualise successful execution of skills (cornering, climbing, descending, obstacles).

## Goal setting for the racing season

### Nutritional

1.	
2.	
3.	

For example, knowledge of proper sports nutrition, proper pre-race fuelling, proper post-race recovery eating, proper during race nutrition, eating treats in moderation, established race eating routine, ensuring adequate caloric intake and food balance for peak performance and recovery.

### List 3 things that need improvements in each of the following areas

#### Performance

1.	
2.	
3.	

For example, better race results/placing, more consistence performance, better overall results/standing, faster time-trial performance, faster hill climbing performance, better performance at short/long races.

#### Technical

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For example, cornering skills, pedalling form, descending skills, riding certain types of obstacles, braking skills, climbing form.

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For example, power-to-weight, flexibility, core strength, overall strength, explosive force, endurance, short and/or long intense efforts (intervals), recovery after endurance events/workouts, recovery time right after intense efforts, adequate rest, adequate sleep.

#### Tactical

1.	
2.	

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3.	
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For example, pacing, finish line sprint, fast starts or breaks, drafting, sprinting into single-track, working with competitors, taking advantage of personal strengths/skills in races, passing.

### Psychological

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For example, listing race highlights after each race, ability to focus during the race (section by section, bit by bit), ability to remain positive in challenging race situations, ability to encourage self during the race, encouraging competitors during the race to mutually push personal performance, using internal power words to help achieve personal performance (e.g. smooth, power, fast, flow, go), ability to visualise successful execution of skills (cornering, climbing, descending, obstacles).

### Nutritional

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3.	

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### What are my 1-3 most favourite workouts?

1.	
2.	
3.	

### What are my 1-3 least favourite workouts?

1.	
2.	
3.	

### What are 3 goals for my upcoming racing season?

1.	
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## Goal setting for the racing season

2.	
3.	

These must be measurable goals that are a stretch but are achievable. Typically these are performance goals. But, they could be in any of the areas listed above: performance, technical, physiological, tactical, psychological, and/or nutritional.

### **What is my ultimate goal in cycling?**

Be a dreamer!