



# Learning to Fish

Workshop 5

Setting Your 2022 Goals & Objectives

# Why set Goals & Objectives?



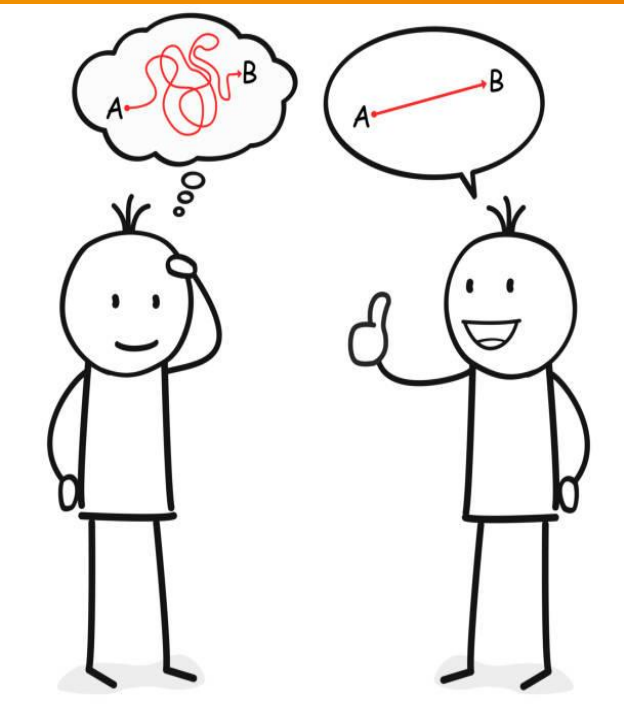
- Motivation
- Direction
- Measure progress
- Build confidence

# Definitions?



- What's a Goal versus an Objective?
  - Goal = What
  - Objective = How
- 3 Types of Goals & Objectives
  - Outcome: Race aims/results, Selection for teams
  - Performance: PBs, Improved times/distances
  - Process: Training sessions/week, sprinting out of the wheel, practicing riding in top 5 of a bunch, TT bars
- Who is your Competition???
  - Fulfill your potential (first rule of an Olympian)
  - Control the controllables
  - Does competition bring out the best of you?

# SMART Goals & Objectives



- Specific (“Get faster”???) (when, how much, where)
- Measureable (how do you know if you improved?)
- Achievable (easy --- stretch --- OTT)
- Reasonable (available time to train, budget, skills)
- Time-bound (when, exactly, do you achieve?)

## What Goal works for Royce?

- Make the GB Team Pursuit squad for Paris 2024
- Set PB on 10 mile TT of <25 min at Hillingdon by June

## What Goal works for YOU?

# A SMART Example

Goal: Gain Selection for Road RSR in 2023

Objectives (Outcome, Process or Performance)

- Review RSR selection criteria this month and plan how to meet them
- Regularly attend a Circuit Development Centre through August
- Qualify for the Youth National Circuit Championships
- 2 HIIT training sessions/week in non-race weeks, 1/week race weeks
- Compete in at least 4 National Series Circuit Races
- Consistent top half finishes with top 10 in my A race & B race
- Practice riding in the centre of the bunch during Hillingdon Series
- Hillingdon 10 mile TT performance (Jan sub-30, March sub-29, ...)
- Attend a Track Development Centre once per month
- Compete in at least 3 National Track Series Races before August
- ...





## Part 1: Components of your plan (14 Dec)

- Event Demands
- Analysis of your strengths & weaknesses

## Part 2: Mountain biking specifics (21 Dec)

- Event Demands
- Analysis of your strengths & weaknesses

## Part 3: Goals & SMART objectives (Today)

- What?
- How?

## Part 4: Your 2022 plan (11 Jan)

- Template
- Additional resources

Review with coach (Zoom or Saturdays) (ongoing)





# See you in Zwift !

7:30 start with Martin and Duncan