



Monta Vista Track & Field / Cross Country



Goal Setting

Hope is not a Strategy



- ❧ Everyone wants to win on race day (or PR)
 - ❧ Why not, right?
 - ❧ But what were they doing:
 - ❧ In July
 - ❧ On Winter break
 - ❧ In the rain in January
- ❧ Or write a novel...or start a company...or graduate with honors from Harvard...

SMART Goals



SMART Goals



℞ **S**pecific

℞ **M**easurable

℞ **A**chievable

℞ **R**elevant

℞ **T**imely

Specific



- ❧ Do well next track season
- ❧ Continue to improve my race performances
- ❧ PR in the triple jump
- ❧ Earn a better grade in Chemistry next year than last year
- ❧ Jump my height
- ❧ Be all-league

Which goals are specific, which are not?

Measurable



- ❧ Break 2:00 minutes in the 800M
- ❧ Be a better track & field athlete while improving my GPA
- ❧ Jump my height
- ❧ Get stronger
- ❧ Do better at practices
- ❧ Be a better teammate

*Which goals are measurable, which are not?
Can you change the goal to make it measurable?*

Achievable



- ❧ Run a marathon in less than 2 hours
- ❧ Jump my height
- ❧ Break 5 minutes in the 1600M
- ❧ New shot put PR
- ❧ PR in the 300H while maintaining my GPA

Which goals are achievable, which are not?

Relevant



- ❧ Jump my height
- ❧ Get an A in AP History
- ❧ New PR in *Call of Duty*
- ❧ Drink 2L of water every day
- ❧ Be a good teammate
- ❧ Break 6 minutes in the 1600

Which goals are relevant, which are not?

Timely



- ❧ Set a new 300H personal best
- ❧ Improve my SAT score by the time I graduate
- ❧ Jump my height by the end of next season
- ❧ Break 5 minutes in the 1600M this season

Which goals are timely, which are not?

Some Possible Goals



- ∞ Jump my height by the end of my sophomore year
- ∞ Set a new world record in the 100M this season
- ∞ Run a new personal best in the 200M next season
- ∞ Have our team win the Varsity Girls' XC League Championship in 2012

+What comments do you have on each goal?

+Are each of these 'SMART' goals?

+Could you improve any of these goals?

+What are some goals that you might set for yourself?

Objectives



- ❧ Achievements along the way of working towards your goals
 - ❧ These are all athletic examples you can do this for other goals too

- ❧ Examples:
 - ❧ Run for at least 30 minutes, 4 to 6 days per week, every week from the day school ends until cross-country practice starts
 - ❧ Run 1,500 miles in 2012
 - ❧ Do 'mini-core' 3 days per week all summer
 - ❧ Stretch and foam roll for at least 15 minutes, five days per week, from now until the end of cross-country season
 - ❧ Miss no more than 5 practices (other than illness) next season
 - ❧ **Keep a workout log!!!!**
 - ❧ Run every Saturday during the season
 - ❧ Convince other people taking AP Physics to join cross country; study and run together
 - ❧ Find and attend a (running, throwing, jumping) camp or clinic
 - ❧ Take a personal fitness training class
 - ❧ Get at least 3 friends to come with me every Saturday for a long run
 - ❧ Help organize the summer OYO running group
 - ❧ Convince one new athlete to try cross-country in the Fall and track in the Spring

mvrunning Goal Setting doc



MONTA VISTA RUNNING

Annual Athlete Plan for 2012

Athlete:	
Graduating Class:	
Age:	
High School Sports:	
Training Age (consistent running):	
Current College Interests:	
Current Subject Interests:	

"Hope is not a strategy"

About this planning document: This plan is intended as a tool for athlete and coach to have a discussion and common understanding of their joint focus for the year. Putting together this plan is completely optional! The plan is NOT intended to be something that is carved in stone! Goals can change, plans can change, dreams can change. New information, feedback from the success or lack of success from workouts, ongoing discussions can change the activities described in this plan.

This WORD document can be downloaded from mvrunning.com

mvrunning Goal Setting doc



Where you have been...

Results to Date

Event	PR	Date	Notes

Injuries

Season	Description

Other Notes

- NOTE...

2012 GOALS (no more than 3)

Event	Current	Improve	Goal	Notes

Soft(er) goals:

- Soft goal

...where you want to go.

mvrunning Goal Setting doc



2012 OBJECTIVES
How to achieve my goals

Mileage

- Objective
 - Describe
 - Describe
- Objective
 - Describe
 - Describe
- Objective
- Objective

Pacing (beginning of year estimates)

Workout Type	Pace	Notes
Speed Workouts	200: sec 400: 800:	Speed work for shorter reps should be at a <u>faster</u> pace than your target race pace. The goal is to make your race pace feel easier, be more achievable. You can't race a 5 minute mile until you can run a sub-2:30 half! In these workouts, you are recruiting and developing the muscles you will need to race fast with minimum effort.
Interval Workouts	per mile (xx per lap)	Pacing should be somewhat slower than your race pace. The purpose of these workouts is to develop your VO ₂ max—your body's ability to absorb and transfer oxygen. To stress this system you need to go fast enough to get your heart rate at or near maximum—but you do not need to go faster than that pace.
Tempo Workouts	xx per mile	Tempo runs or threshold runs are meant to improve overall endurance. The pace should be "comfortably hard"—slower than race pace but still challenging after a while. 20 minutes is a good amount of time for a high school tempo run (though it could be longer), and you should feel good 20-30 minutes afterwards.
Easy Runs	xx per mile	Base building. The pace should be conversational—but not completely digging it! Base building is the most important component of your program, especially during the off-seasons. Long easy mileage will help your body adapt to the challenges of training hard.

Other

While the blank document is set up for running, you can adapt this document for other events, sports, or other goals (academic, other activities)

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* Cut out the card and tape it up on a mirror, or someplace you will see your goals often—or best of all, every day. Maybe a few places; on a binder, in a text book?

My Goals for _____
(Year)

Running Goals:	1	
	2	
Running Objectives:	1	
	2	
Academic Goals:	1	
	2	
Life Goals:	1	
	2	

Write down
your goals...
paste them up
everywhere...
own your
goals!

The difference between SMART goals and a goal board



❧ 'Hollywood Heights'

❧ MVRunning Goal Setting

❧ Properly done, your goals become a **filter** for the decisions you make every day

❧ Your coach, your parents, your teachers...at the end of the day we don't do a *thing*. **You** run every mile, **you** take every test.

Coaches are Here to Help



- ❧ We can't run a single mile for you
- ❧ We can help you figure this out
- ❧ The more you demonstrate your commitment, the more we want to help
- ❧ Has to be done in the context of your responsibilities as a student-athlete





Thank You



