

# Monta Vista Track & Field / Cross Country



**Goal Setting** 

### Hope is not a Strategy

- Everyone wants to win on race day (or PR)

  - But what were they doing:

    - 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**

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 $\mathbb{C}^{S}_{pecific}$ 

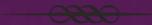
**™** easurable

Achievable

Relevant

Timely

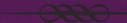
### **S**pecific



- Do well next track season
- Continue to improve my race performances
- R in the triple jump
- Real Earn a better grade in Chemistry next year than last year
- Jump my height

Which goals are specific, which are not?

### Measurable



- Reak 2:00 minutes in the 800M
- Be a better track & field athlete while improving my GPA
- **Q** Jump my height
- **Get** stronger
- O better at practices
- Re a better teammate

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

### **A**chievable



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

Which goals are achievable, which are not?

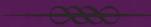
### Relevant



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

Which goals are relevant, which are not?

### Timely



- Set a new 300H personal best
- Q Jump my height by the end of next season
- Reak 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
- 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
- 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





### MONTA VISTA RUNNING

Annual Athlete Plan for 2012

Lateral Carlo	
Athlete	
Graduating Class:	
Age:	
High School Sports:	
Training Age (consistent running):	2
Current College Interests:	
Current Subject Interests:	

### "Hope is not a strategy"

About this planning document: This plan is a intended as a tool for athlete and couch 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 semething 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

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Where you have been...

100	vent	PR	Date	Notes
-				
		_	_	
		_	_	
		-		
Seaso	en en		Injuries Descriptio	10
	PTE		Other Notes	
* NO				
• NO		2012 GO	ALS (no more	than 3)
• NO	Current		ALS (no more Goal	than 3) Notes
	Current	2012 GO Improve		
	Current			

...where you want to go.



### 2012 OBJECTIVES

How to achieve my goals

### Mileage

- Objective
  - o Describe o Describe
- Objective
  - o Describe
- a Describe Objective
- . Objective

### Pacing (beginning of year estimates)

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Workout Type	Pace	Notes	
Speed Workouts	200: sec 400: 800:	Speed work for shorter reps should be at a <b>feeter</b> pace than yet target race pace. The goal is to make your race pace feel saser be more achievable. The pact race a 5 minute mile until you car rus a sub-2,35 half. In these workouts, you are recruiting and developing the muscles you will need to race fact with minimum effort.	
Interval Workouts	(SE per lap)	Pacing should be somewhat slower than your race pace. The purpose of flerse workeats is to develop your VQ-man—your body's ability to absorb and transfer engages. To stress this system you need to go fact enough to get your heart rate at or near maximum—but you do not need to go fact of your pack that your.	
Tempo Workouts	xx per mile	Tempo runs or threshold runs are meant to improve overall endurance. The pace should be 'confortably hard' — shower the race pace but still challenging after a while. 20 minutes is a good amount of time for a high school sempo run (though it could be longer), and you should feel good 20-30 minutes afterwards.	
Early Runs	8% per mile	liase building. The pace should be conversational—but not completely degring at flase building is the most important component of your pringson, expectally during the off seasons. Long easy milesge will bely your body adapt to the challenges of training band.	

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

	and and tape it up on a mirror, or someplace est of all, every day. Maybe a few places; on a	
		*****************
м	y Goals for	
	(100)	
Running Goals:	1	
	2	
Running Objectives:	1	
	2	
Academic Goals:	1	

Life Goals: 1

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



