

***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 a 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 planning format was developed for Monta Vista High School athletes. With Monta Vista track and cross-country teams, academics always come first. Athletic goals will be achieved along with academic goals. Our belief is that dedicated athletic efforts will clear the mind and promote health which will help lead to positive outcomes: Better academic results, acceptance into the best schools possible, development of strong character, and also (almost incidentally) improved athletic results.

Without a plan, a goal is just a dream. A significant goal will not be achieved through hope alone. A plan, a strategy, is needed to achieve the goal. Plans, tactics and strategies can change, but a solid foundation is needed. This document is intended as the foundation for achieving challenging, long-term athletic—and academic—goals.

You may not achieve all your goals. That’s OK as long as you try; satisfying goals are not easy to accomplish.

Goals should help you put your actions through a filter: *How does this decision affect my running? How does this decision affect my academic goals? How does this decision affect what I am trying to accomplish?* So goals should be something you think about regularly—write them down, and keep the goals someplace you will see them.

**Results to Date**

|  |  |  |  |
| --- | --- | --- | --- |
| **Event** | **PR** | **Date** | **Notes** |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Injuries**

|  |  |
| --- | --- |
| **Season** | **Description** |
|  |  |

**Other Notes**

* NOTE….

**2012 GOALS (no more than 3)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Current** | **Improve** | **Goal** | **Notes** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

Soft(er) goals:

* Soft goal
  + Description
* Soft goal
  + Description
* Soft goal

**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 ***faster*** pace than your target race pace. The goal is to make your race pace feel easier and 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 VO2max—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 dogging 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**

* Supporting objective/reminder
  + Note
* Supporting objective/reminder
  + Note
* Supporting objective/reminder
* **Reminder Card**
* Make a copy of the card below and cut it out.
* Take a nice fat felt-tip marker and in your own hand-writing complete:
  + Your two most important running goals
  + The two most important objectives to help you reach your running goals
  + Your two most important school/academic goals to achieve at the same time you pursue your running goals (for example, GPA: an achievement in a specific class)
  + Two important life goals, may be but not necessarily directly connected to academics or running (for example, participate in a volunteer organization for a number of hours; become a team captain or club officer; save an amount of money; raise money for a charity; get accepted to the college you want. Make the goal measurable if you can)
* 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** |