



## Personal Goals Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Monthly/Annual/Lifetime Goals

- 1.
- 2.
- 3.
- 4.

### Events:

List all events you will compete in for this year. Includes date of competition and race type, (A, B, C). Only list 2-3 A races max.



**Strengths and weaknesses:**

Among Worst	Poor	Same as Most	Good	Among Best		
					<b>Endurance</b>	<p><b>Among Best:</b> Can finish the longest rides easily.  <b>Same as Most:</b> Fatigue before finishing long rides.  <b>Among Worst:</b> Often fail to finish the longest rides.</p>
					<b>Force</b>	<p><b>Among Best:</b> Can climb 12-minute or longer hills with leaders.  <b>Same as Most:</b> Drift off the back of group on long climbs.  <b>Among Worst:</b> Are dropped immediately on long climbs.</p>
					<b>Speed Skill</b>	<p><b>Among Best:</b> Are very efficient at pedaling--waste little energy.  <b>Same as Most:</b> Are a "masher"--waste energy when pedaling.  <b>Among Worst:</b> Are a "masher", and shoulders &amp; hips rock side to side.</p>
					<b>Muscular Endurance</b>	<p><b>Among Best:</b> Can ride at Lactate Threshold (LT) for about 60 minutes.  <b>Same as Most:</b> Can ride at lactate threshold for up to 30 minutes.  <b>Among Worst:</b> Can ride at lactate threshold for no more than 10-20 minutes.</p>
					<b>Anaerobic Endurance</b>	<p><b>Among Best:</b> Often bridge up to the race's lead group by yourself.  <b>Same as Most:</b> Must keep pulls short when the group speeds up.  <b>Among Worst:</b> Are dropped quickly when the speed picks up.</p>
					<b>Power</b>	<p><b>Among Best:</b> Easily win sprints.  <b>Same as Most:</b> Are an occasional contender in some sprints.  <b>Among Worst:</b> Are dropped immediately in sprints.</p>