



Have a successful season, set some goals!

If you want to have a successful riding season now is the time to start your planning. That means setting some goals.

Goals are an important tool that will keep you motivated when the weather is bad and serve as a constant reminder of why you are working so hard. Below are five guidelines for setting goals that will get you off the couch and on your way to success next year.

1. Cover all your Bases

Break things down into multiple parts that build upon one another to help you get to where you want to go. This will make it easier to design your training plan and provide constant motivation even when you would rather sit back and relax.

- Dream Goals – Very long term goals that if everything goes according to plan could come true. Don't be afraid to let it all hang out because dreams do come true so go big!
- Long Term Goals – Those that may take one or many seasons to achieve
- Intermediate Goals – Things that can be accomplished in a season or less
- Short Term Goals – Can be accomplished in weeks or months

2. Mix Things Up

Combine Performance with skill development goals. Too much of one or the other isn't good so mix things up and strike a balance. It is important realize that performance based goals are often outside your control. Weather, health, mechanical conditions, and other competitors can all affect your results. On the flip side, skill based goals allow you greater control over achieving the desired results and can help improve your odds of success in getting to your performance based goals.

- Typical performance based goals include setting a personal record, winning a specific race or riding a certain number of miles.
- Skill based goals focus on improving specific things such as cornering, riding in a pack, or climbing.

3. Be SMART

Make your goals, Specific, Measurable, Achievable, Realistic and Time oriented (SMART). Improving your climbing is a good goal, but it doesn't do much in terms of letting you know if you have reached it or not. By providing some additional details such as improving your climbing skills on short steep climbs as measured by a reduction in the time it takes to climb Red Bank Hill by 25% you have given yourself a specific benchmark with which to see if you have actually made an improvement. Not only that, you have also provided a tool that you can use to go out and test your progress in meeting that goal over and over.



4. Conceive, Believe and Achieve

First you need to set a goal for yourself. Next, you need to believe that you can achieve it. Finally, you must go out and make it happen.

- Remind yourself of your goals every day. This will help you believe that you can achieve them and will ensure that you continue to work hard toward making them a reality.
- Don't underestimate the power of your mind and positive thinking. Believing in yourself and never doubting that you can achieve your goals will translate into success.

5. Shout em out Loud

Goals that you share are goals you will work harder to achieve. It is easy to explain away poor performance when the only one listening is you. It's a whole lot harder to show up at the local group ride and explain your failures to all your riding buddies.

- Share your goals with friends, family and even co-workers so you will be more likely to work harder to achieve them and have some extra support and encouragement to keep going when things get tough.
- The extra boost you will get from your friends, be it a reminder of what you said you were going to do, or some good natured ribbing can be just what the doctor ordered when you need to get motivated train.

If you take goal setting seriously and spend some time each year doing a little up-front work, you will have a better season and enjoy a lot of success. To help you with your planning, below is a worksheet that can be used to set some goals for next year. Fill it out, share it with your friends and family and refer to it often.

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Cycling Goals

Name: _____ Date _____

Ultimate Dream Goals (*Your ultimate dream come true as a cyclist*)

1.

Long Term Goals (*Long term goals that realistically could come true if all goes according to plan*)

1.

2.

Intermediate Goals (*Realistic but ambitious goals that break long term goals into smaller chunks*)

1.

2.

3.

4.

Short Term Goals (*Daily, weekly, or monthly goals that focus on performance versus outcomes*)

1.

2.

3.

4.