



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