

## Cycling Goal Setting

When setting your goals make sure that each of your goals are Specific, Achievable, and Time-Bound (ex. At the end of August 15th, 3 months from when in being training).

List 3 Outcome goals. These are the end results of your effort, like winning your age group, or qualifying for a world championship.

- 1.
- 2.
- 3.

List 3 Performance Goals. Example, Hold 300w for 1 hour, increase 20 minute power by 5%. Remember to keep your goals achievable.

- 1.
- 2.
- 3.

Set 3 Process Goals, These are goals that you have complete control over, these are the daily and weekly actions that will help you achieve you Performance and Outcome goals. Ex. Complete 95% of the workouts correctly, Get 8 hours of sleep each day, Track calories for 3 months.

- 1.
- 2.
- 3.