

RACING AND PERFORMANCE GOALS

List below all the events you plan on possibly competing in this year. I understand this schedule is subject to change (in fact, I may suggest you change it). Please notify me if this schedule does change.

HIGH PRIORITY EVENTS (A RACES) – These are the most important events of the racing season. There should only be a few of these because your training schedule will be designed to taper and peak for them.

Date	Event	Distance(s)	Goal Time
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MEDIUM PRIORITY EVENTS (B RACES) – These are events you want to do well, but are not the focus of your season. We may rest for these events, but usually they will be thought of as race pace “workouts” to sharpen up for the high-priority events.

Date	Event	Distance(s)	Goal Time
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LOW PRIORITY EVENTS (C RACES) – These are events of least importance to you. They are “fillers” to your season and you will most likely compete for fun and for a good workout. Do not include too many of these events; however, as they might detract from the focus of the season.

Date	Event	Distance(s)	Goal Time
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What is your number one goal (be specific) of this season? _____
