

NAME

SEASON GOALS

- 1.)
- 2.)
- 3.)

DATE TYPE	WEEK 1	TECHNIQUE GOAL	RACE GOALS
		MENTAL GOAL	
		TRAINING GOAL	
		RECOVERY GOAL	

DATE TYPE	WEEK 2	TECHNIQUE GOAL	RACE GOALS
		MENTAL GOAL	
		TRAINING GOAL	
		RECOVERY GOAL	

DATE TYPE	WEEK 3	TECHNIQUE GOAL	RACE GOALS
		MENTAL GOAL	
		TRAINING GOAL	
		RECOVERY GOAL	

DATE TYPE	WEEK 4	TECHNIQUE GOAL	RACE GOALS
		MENTAL GOAL	
		TRAINING GOAL	
		RECOVERY GOAL	