

SPARTAN XC - Individual Goals

Name: _____

Date: _____

1. **Primary Goal**- Write the goal in specific measureable and time bound language

○ _____

2. **Why**- Identify from most to least important reason as to why you want to achieve this goal?

○ _____

○ _____

○ _____

3. **Actions**- List five specific actions and target dates to achieve this goal

Action

Target Date

○ _____

○ _____

○ _____

○ _____

○ _____

1. **Secondary Goal**- Write the goal in specific measureable and time bound language

○ _____

2. **Why**- Identify from most to least important reason as to why you want to achieve this goal?

○ _____

○ _____

○ _____

3. **Actions**- List five specific actions and target dates to achieve this goal

Action

Target Date

○ _____

○ _____

○ _____

○ _____

○ _____

A goal is created three times. First, as a mental picture of something you want to be, have, or do. Second, when written down to add clarity and dimension. And third, when you take action towards its achievement.

SPARTAN XC - Team Goals

Name: _____

Date: _____

1. **Primary Goal**- Write the goal in specific measureable and time bound language

○ _____

2. **Why**- Identify from most to least important reason as to why you want the team to achieve this goal?

○ _____

○ _____

○ _____

3. **Actions**- List five specific actions and target dates to how you plan on contributing to the team to achieve this goal

Action

Target Date

○ _____

○ _____

○ _____

○ _____

○ _____

1. **Secondary Goal**- Write the goal in specific measureable and time bound language

○ _____

2. **Why**- Identify from most to least important reason as to why you want the team to achieve this goal?

○ _____

○ _____

○ _____

3. **Actions**- List five specific actions and target dates to how you plan on contributing to the team to achieve this goal

Action

Target Date

○ _____

○ _____

○ _____

○ _____

○ _____

A goal is created three times. First, as a mental picture of something you want to be, have, or do. Second, when written down to add clarity and dimension. And third, when you take action towards its achievement.

STATE MEET DEMANDS-Excellence achieved through Exactness

Name _____

XC Season (year) _____

1. DATE OF STATE MEET: _____
2. TIME OF THE STATE MEET: _____
3. STATE MEET COURSE/LOCATION: _____
4. MOST MILES RUN IN 1(ONE) WEEK: _____
5. MOST MILES RUN IN 1 (ONE) DAY: _____

What times must we run (or throw, jump) to GO TO, PLACE, or WIN the STATE MEET? (Circle One)

IF, we are going to run (or throw, jump) these times what MUST be done before the STATE MEET?

___ What distances must be achieved in a training week? That is, what is the volume of running?
_____ How time must our basic unit or time 100 be?

_____ What must be the time and distance of the short threshold run?

_____ What must be the time and distance of the long threshold run?

_____ Are you willing to make the sacrifices necessary to achieve these goals?

If you are willing to do this, the training MUST start NOW!

How intense are you willing to be? Are you willing to run and run hard and stick to the plan?

You either run hard or you don't. You either run to become the very best or you don't. Words are just words. STATE MEETS are won with hard training when it is really hot or really cold!!!! All of this is easy to talk about. Are you willing to back up your words, everyday. Are you honest?

STATE MEETS are made in the months before the season begins – the heat of the summer or cold of the winter! Who will be a TRUE training leader? Who will step up and to be that training leader? Will we have more than one? Will we have any?

Contract with the Team and Myself

I hereby commit to achieving the individual goals that I have set forth. I will follow the plan set for me by my coach with excellence, boldness, and accountability. I will focus on results and reinforce the values of discipline, character, and perseverance until success is achieved. I will make sure that everything I think, say and do counts towards achieving the team and individual goal. I will begin today to achieve these goals!

Date: _____

Signature: _____

If success is your destination, you will arrive there on a carriage called commitment pulled by a horse named integrity!