Patriot XC Goal Setting

2022-2023

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year in school: \_\_\_\_\_

What are your running goals for this cross country season? Think about the training rubric and SMART goals.

1)

2)

3)

HOW will you achieve these goals?

1)

2)

3)

What is your sleep goal during the school week and weekends? Getting plenty of sleep (9-10 hours) contributes to 68% less injuries, stronger immune system (less sick), better recovery and adaptation from training, faster reaction times, smarter and happier.

School Week – What time are you in bed? When do you need to put away devices (blue light)?

1)

2)

Weekends/ holidays?

1)

2)

What are your academic goals? Not procrastinating, attitude towards school, passion for learning, planning daily study time?

1)

2)

3)

Nutrition and Refueling – Think about the four R’s of recovery (Re-plenish, Re-Pair, Re-inforce, Re-hydrate). A sound recovery nutrition protocol will ensure you can OPTIMIZE TRAINING ADAPTATION and perform at 100% of your body’s potential in the next training bout or in preparation for competition.

1)

2)

3)

What are you going to do to make your team better? How are you going to be a great teammate?

Being great is doing everything it takes…

Did you train today with a purpose? Have you been consistent?

Did you do a complete warm-up? Dynamic, active, core and run? Did you do it well?

On the workout did you run it correctly? Finish strong?

Did you do form drills, strides, hurdles and plyo drills?

Did you recover – stretch, foam roll, protein and carb snack?

Did you eat lots of good foods? Drink plenty of fluids? Stay away from excess junk?

Did you sleep eight hours? Nine? Ten?

Did you compliment, high five, fist bump, inspire, encourage, cheer, or congratulate a teammate today? How about the teammate who is new, shy, or outside your social circle?

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Car rides to practice?

Count for king’s dominion? Meet?

Who hasn’t ordered uniforms yet?

Goal sheet?

Note card tag game –

Gooders –

Blue cards?

Freshman – what kind of teammates do you want the upper classmen to be like?

Seniors – What wisdom about xc can you share?

Juniors –

Sophomores – what is some good advice to give the freshman – academic, school, running?