

# Goal Setting

John Marshall – Distance Team  
2019

Coach Anne Gingery

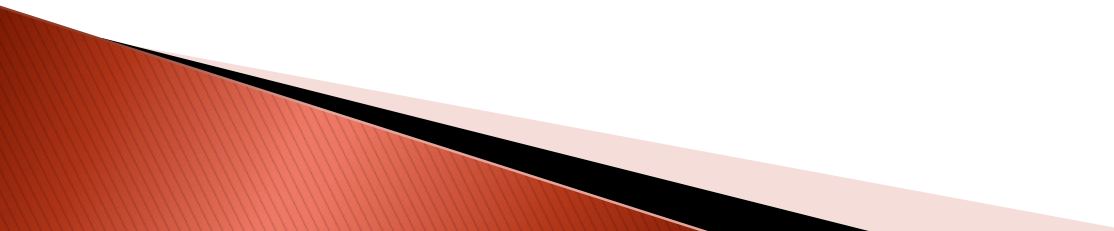
# Why set goals?

- ▶ Long Term Vision – Short Term Motivation
  - Provides Mental Fuel
    - Focuses attention – enhances persistence
    - Encourages development of strategies
    - Mobilizes training effort
    - Improves racing
    - Develops life-time participation

# What are goals?

- ▶ Desired results or outcomes
- ▶ Defining goals
  - Focuses your effort
  - Provides motivation to achieve goals
  - Reduces distractions

# Goals Take Many Forms

- ▶ General goals – realistic and challenging
  - ▶ Short-term goals – clear and specific
  - ▶ Intermediate goals – specific and/or broad
  - ▶ Long-term goals – ultimate reward
- 

# Who defines individual goals?

- ▶ Goals need to be defined by the student/athlete
  - Guidance from:
    - Coaches,
    - Parents
    - Peers
    - Research

# Types of Goals

## ▶ Outcome

- Winning or performing better than others
- Hard to control
- May be psychologically defeating

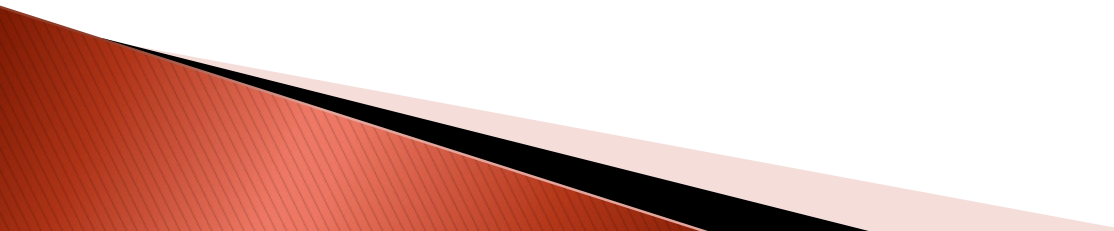
## ▶ Process (specific)

- Goals you have control over

## ▶ Performance

- Defined by achieving a specific standard
  - Do not expect quick results.
  - Performance improvements take time

# Outcome Goals – Hard to Control

- ▶ Winning or performing better than others
    - Running on the varsity team
    - Being top runner at sections
    - Fastest runner on the team
    - Beating a particular teammate
  - ▶ Can be motivational
    - not under your control
  - ▶ Can result in failure to achieve goals
    - may be psychologically defeating
  - ▶ Consider goals you can control
- 

# Process Goals

## ▶ Goals you have control over

- I will do my homework immediately after dinner each night of the cross-country season so I get it done and go to bed.
- My goal is to go to bed by 10:30 every night that I can this season.
- To concentrate on relaxing my arms and shoulders while running (Technical)
- To record training and plan ahead (Psychological)
- Refuel effectively after training (Lifestyle)
- Visualize myself achieving my performance and outcome goals (Psychological)
- Staying hydrated – with good electrolyte balance
- Prioritizing practice

## ▶ Focuses attention

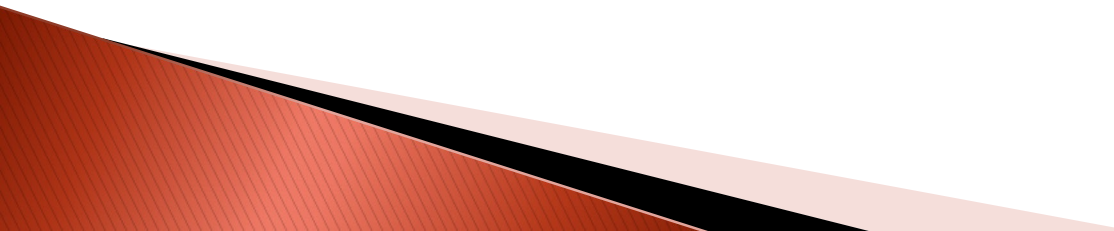
## ▶ Helps control anxiety



# Performance Goals

- ▶ Defined by achieving a specific standard
  - My goal next meet is to break 6:00 in the 1600. (First year runner that ran 6:19 in first race)
  - My goal is to run a 2:20 in the 800 by the end of the season (Last year PR 2:31)
  - My Goal is to run a 4:55 in the 1600 next meet. (Last meet ran a 5:01)
- ▶ Goals can be short, mid and long term
  - next meet, seasonal, high-school, college, life-time
- ▶ **Controlled by you**
- ▶ **Psychologically important – shows developing mastery/gains/performance**

# Performance Goals

- ▶ Challenging but attainable
  - ▶ Set specific and measurable goals.
    - Vague goals such as “to become a better runner” or “to train harder” do not focus your efforts
    - An over ambitious or unlikely goal will psychologically hurt your performance.
- 

# Challenging and Achievable Goals

## ▶ Attainable

- My goal this year is to beat my 5K PR last year – 23:21.
- I want to break 2:30 in the 800 meters this year (PR was 2:33)
- My goal this season is to run under 6:00 in the 1600 meters. (I know I ran a 6:10 mile in cross-country last season).
- My goals is to run all practice runs without walking this week. (Last week I walked but I know I can run the whole distance)

# Challenging and Achievable Goals

## ► Outcome/Pinnacle Goals

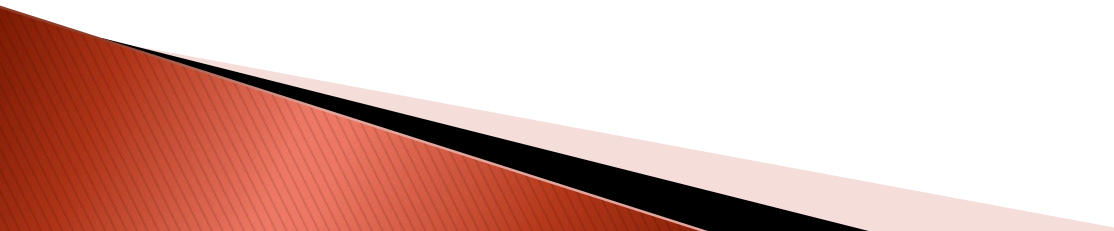
### ◦ Challenging

- Run the 3200 at state next year ( 5<sup>th</sup> person on the team currently)
- Pursue academic/athletic scholarship at Division I or II school
- Run a sub 6:30 minute mile during my high school years (Sophomore – PR 6:45)
- Run a sub-21 minute 5K (PR last year was 22:15)

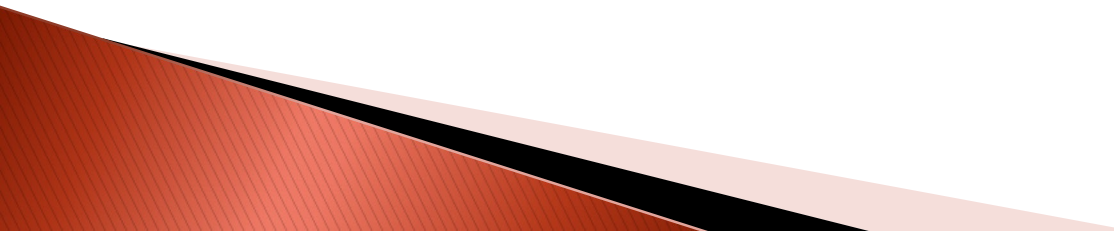
# Gains and Expectations

- ▶ Attainable
  - New athlete 8% improvement
  - Emerging/Experienced 5% improvement
  - Remember the fitter you are, the less you will improve percent-wise
- ▶ Pinnacle
  - Long-term
  - Usually requires 2 to 3 years of training
  - Team place, Running Scholarship, Notable Finish
- ▶ Process (specific)
  - Run 30 miles a week in the summer
  - Go to bed at the same time every night
  - ~~Run Fast/Kick Butt~~ – lacks specificity

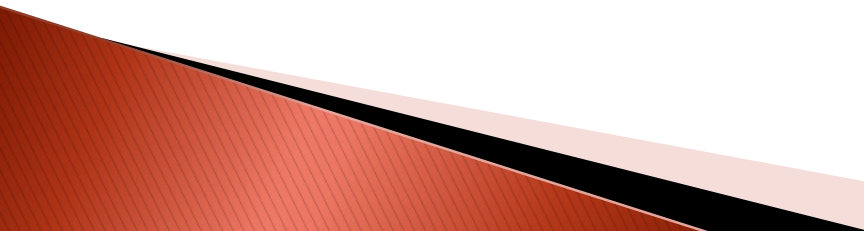
# Goal Development

- ▶ Goals should be like a set of stairs – that build
    - Short and long-term goals
  - ▶ Goals should be challenging and reasonable
    - Achievement of goals enables you to be mentally strong
  - ▶ Focus on process
    - What will get you closer to your goals?
    - Focus on what you can control
    - Work smart – not work hard
    - Try not to compare yourself to others
- 

# Performance Goals

- ▶ Establish baseline level (current and PR)
  - ▶ Short and Long-term
  - ▶ Any long term goal should have 3–5 intermediary goals
- 

# Work smart – not work hard

- ▶ Trust your coaches
    - Periodization – will optimize performance
    - Progressive cycling of training will allow for peak performance at the end of the season
    - Going easy all the time will not allow for increasing improvement
    - Going out hard everyday will hamper gains
  - ▶ Ask questions when you don't understand why
- 

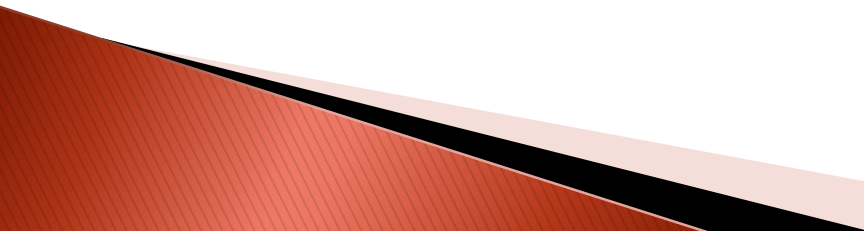


# Where do I start?

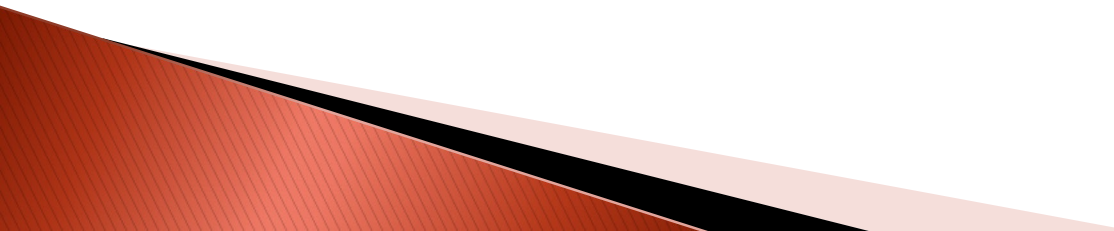
## How do I define my goals

- ▶ Take a few days

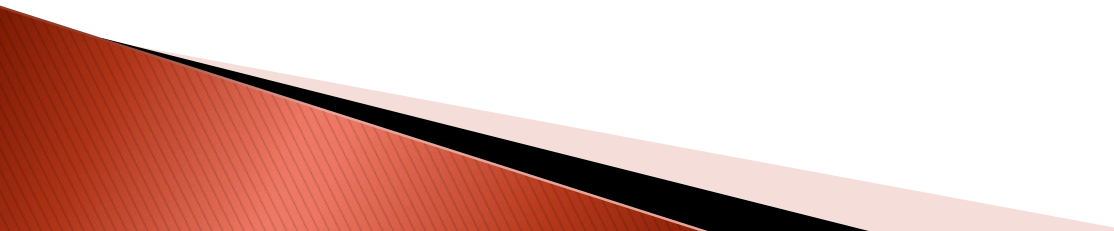
- Answer some questions for yourself

- What is a runner?
      - Why do I like to be a runner?
      - What do I like most about being a runner?
      - What is the most important thing that I gain from my participation in running?
      - Is there one thing I would really like to accomplish in running?
      - Is there anything else that I would like to accomplish in running?
      - Why would I like to work towards and accomplish these goals?
- 

# Setting goals

- ▶ Athlete Essay/Questions
  - ▶ Define Attitude/Outlook Goals
  - ▶ Define Life Performance Goals
  - ▶ Define Season Goals
  - ▶ Define Short-term Goals
- 

# Setting goals

- ▶ Specific and Measurable
  - ▶ Time Frame
  - ▶ Positive
  - ▶ Challenging
  - ▶ Realistic (not impossible)
- 

# My Goals are Set But I want to change them

- ▶ Revisit goals
  - Especially as goals are successfully achieved or new goals are developing
  - Injury occurs
  - Progress is quicker than expected

# Citations

- ▶ <http://completetrackandfield.com/goal-setting-for-middle-distance-runners/>
- ▶ <http://old.nfhs.org/CoachingTodayFeature.aspx?id=6738>
- ▶ <https://www.nfhs.org/articles/why-we-play-the-purpose-of-education-based-athletics/>
- ▶ <http://www.runnersworld.com/goal-setting/effective-goal-setting>
- ▶ [http://running.competitor.com/2014/01/training/setting-realistic-running-goals\\_64676](http://running.competitor.com/2014/01/training/setting-realistic-running-goals_64676)
- ▶ <http://kemibe.com/distancecoach/labreports/goals.shtml>
- ▶ <http://www.runbritain.com/training/runsmarter/-2>