



Let's establish your new normal!

Goals are important now more than ever. Just because you don't have an event to train for, doesn't mean you should ease back or stop training. *Set some goals and write them down.*

Set yourself some SMART goals (Specific, Measurable, Achievable, Realistic & Timely).

Short term (1-4 weeks)

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Medium (3-6 months)

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Long term (6-12mths)

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Ideas:

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| New trail every week | event simulation | strava segments |
| race your mates | Try a new sport | strength training |
| Time Trial | X kms/ week | X hours cardio or gym/wk |
| Virtual event | Yoga on Youtube | Explore nature |

Start with this table- write down your plan for next week and a goal for each session. Nb- this doesn't *have* to be performance based- it could be to relax 😊. Make sure you include at least one rest day.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Discipline (swim, bike, run etc)							
Goal							