**Name:** HEIDI CREEK (A walk through sample for you)

**Season Goal for 2018:** Complete my first Standard Distance Triathlon

**Description of Goal:** 1500m swim, 40k bike, 10k run in under 3 hours and feel good / injury free during training season

*\*Be specific with your description*

**Date of Goal:** 4 July 2018

**What were some things I did really well in 2017** *\*Be specific– what were you proud of?*

- I consistently swam twice a week throughout the summer

- I completed my first 10k run

- I hit my goal of 6o min in the 10k run

**What do I want to work on in 2018:**

* Get faster at running in the triathlon
* Be more confident on the bike
* Get better at breathing in the swim

**Short Term Objectives to Accomplish My Season Goal:**

*\*specific, mesurable, attainable, realistic, time-sensitive (and related the what you want to work on in 2018)*

1. **Run a 10k under 55 min by January 2018**
2. **Ride more than once a week by November 2017**
3. **Be able to swim a stroke pattern set of 3-5-7 in the pool by December 2017**

**Name:**

**Season Goal for 2018:**

**Description of Goal:**

**Date of Goal:**

**What were some things I did really well in 2017**

**What do I want to work on in 2018:**

**Short Term Objectives to Accomplish My Season Goal:**