

Name _____ Date _____

Racing and Performance Goals

List below all the events you plan on possibly competing in this year. I understand this schedule is subject to change (in fact, I may suggest you change it). **Please notify me if this schedule does change.** *

HIGH PRIORITY EVENTS (A RACES)

These are the most important events of the racing season to you. There should be only a few of these because we will design your training schedule to taper and peak for them.

Event Date	Event Name	Event Distance(s)	Goal Time/Place	Registered? (Y or N)

MEDIUM PRIORITY EVENTS (B RACES)

These are the events you want to do well, but are not the focus of your season. We may rest for these events, but usually they will be thought of as race pace “workouts” to sharpen up for the high priority events.

Event Date	Event Name	Event Distance(s)	Goal Time/Place	Registered? (Y or N)

LOW PRIORITY EVENTS (C RACES)

These are the events of least importance to you. They are “fillers” to your season and you will most likely compete for fun and for a good workout. Do not include too many of these events, however, as they may detract from the focus of your season.

Event Date	Event Name	Event Distance(s)	Goal Time/Place	Registered? (Y or N)

*** Please alert me when you register for any additional races after the completion of this assessment.**