

# 12 Weeks

# OUT

To peak, you need at least 4 to 6 weeks each for Foundational and Specialized training. So know what's on the horizon and set your goals with these 5 steps.

## Dedication

The devotion you have to your special purpose.

### Analyze Your Current State

- What are you doing?
- What can you do?
- What do you have available to you?
- How dedicated are you?
- How dedicated can you become?



### Know Your Strengths and Weaknesses

Identify who you are and what type of rider are you



**Test Yourself** – know your threshold, weight, body composition, and address any health concerns

**Nutrition** – allergies, what you typically eat, what you need to eat



**Mental Skills** – rank your stress management, tactics, attention control, confidence, mental toughness, and visualization

**Athletic Traits** – strength, endurance, speed, flexibility, and cycling skills like handling, climbing, descending, time trialing, and sprinting



**Finances** – can you afford what you want to do?



**Support Network** – family, friends, teammates, coaches, sponsors, coworkers

**Time** – create your schedule to balance training and life



**Equipment** – inventory your bike, trainers, power meters, clothing, etc.

**Kryptonite** – identify the people or things that can derail your focus --- then change it!

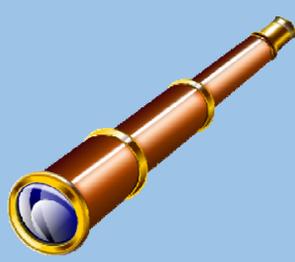
## Determination

Determination is your intention or what you want to accomplish. Goals help transform dreams into something more manageable, achievable, and tangible.

### Have a Vision

Your ultimate idea or concept of you or what you represent. Build a positive image of your future. To get a clear vision, know what motivates you:

- Winning races?
- Traveling?
- Being part of a team?
- Having fun?
- Racing?
- Nice kits?
- Overcoming a challenge?



### Identify Your Goals

- Come from your vision
- Can be short and long-term
- Personal, positive, and manageable (not too many or too few)
- Create and rehearse affirmations
- Write it all down and review it --- regularly!

Goals need to be S-M-A-R-T:

- **Specific** – be precise
- **Measurable** – be evaluated
- **Attainable** – challenging yet reachable
- **Realistic** – within your control
- **Time oriented** – know when you need to deliver

### Establish Supporting Objectives

- Come from your goals
- Your action items, “jobs” or tasks at hand that keep you focused
- Make 3 to 5 that complement your goals and each race or key event
- Order them in progressive steps
- Master the first before progressing to the next
- Become so proficient you can do it without thinking



Obligatory cheesy clipart of a target (it wouldn't be goal setting without one)

## Drive

Do you have what it takes?

Are you willing to do what you need (within reason), in order to get what it takes?

## Direction

The road map, the structure and order you need to get from having a goal to achieving it.



**Identify events** – include races, charity events, family trips, work travel, etc. *Everything* that impacts training and competition.

**Review Events** – compare events to goals. Do they make sense? Compare to your time. Can you fit them all in?



**Allow Balance and Allow Progress** – be willing to sacrifice events so you can enjoy life away from the bike. You still want to have *fun!*

**Highlight Key Events** – these are your peak events with the greatest result. This can be a specific event or even a month.



**Monitor Your Training** – regularly review so you stay on target

## Discipline

A test of your self-control and obedience. It could be the hardest part of training – sticking to what you need in order to accomplish what you are determined to do.

## Celebrate Your Success

Don't feel too bashful to celebrate your success. Once you reach that goal, reward yourself for your discipline, effort, and achievement. You deserve it!



## Go for the Moon: A Case Study

When developing visions, goals, and objectives, one of the best models you can use is the U.S. space program from the 1960's.

Shortly after the first manned space launch, President John F. Kennedy analyzed the current state, identified the competition, weaknesses, strengths, and determined a vision, goals, and objectives when he said:

“We have examined where we are strong and where we are not... [We need] specified long-range goals on an urgent time schedule, [so we can] manage our resources and our time...to insure their fulfillment. [We need to be] prepared to do the work and bear the burdens to make it successful.

This [accomplishment] demands a commitment of...[time], material and facilities, and the possibility of their diversion from other important activities where they are already thinly spread. It means a degree of dedication, organization and discipline.”



### Vision

Winning the space race

### Mission

“This nation should commit itself to achieving the goal, before this decade is out, of landing a man on the Moon and returning him safely to the Earth.”

### Objectives

- Orbit – to stay in space for a little bit
- EVA (Extra-Vehicular Activity) – to build a suit so an astronaut can get out, maneuver around, and get back in
- Rendezvous – to get two objects to meet in orbit
- Dock – to join up two spacecraft in orbit
- Long duration – to develop the technology to allow long space flights

“We choose...to do [these] things, not because they are easy, but because they are hard. Because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.”

Before beginning any exercise program, please consult your physician. Recommendations provided in this infographic are not intended to replace any advice or prescription provided by your physician.