

**Red Wing Cross Country
Goal Development
Program**

Why are Setting Goals Important?

1. Improves performance
2. Increases intrinsic motivation to achieve
3. Increases pride, satisfaction, and self confidence

- What do I want to accomplish?
- What's my objective?
- What do I want to get out of my cross country season?

And then,

- **How do I achieve my goal?**
- **What are my steps, my map that guides me to reaching my goal?**

Always be prepared



Orlick & Partington (1988)

- Elite Runners had:
 1. A total commitment to pursuing excellence
 2. A high quality of training (daily goal setting, competition simulation and imagery training)
 3. Had well developed plans for competition and dealing with disruptions

Krane & Williams (2011)

- Elite Runners:
 1. High in self confidence
 2. View difficult situations as exciting and challenging
 3. Have high standards and goals with flexibility
 4. Have a positive attitude and positive thoughts about their performance

Ryan Hall Goal Setting



Set Appropriate Goals

- Set **Process Goals** rather than outcome goals

- **Success is in the effort and in an athlete exceeding their own process goals rather than surpassing the performance of others.**

Process or Outcome Goal?

1. _____ Run a mile in 5 minutes.
2. _____ Finish first in the R.W. Meet.
3. _____ Strike out 5 batters.
4. _____ Get 70% of first serves in service area in tennis.
5. _____ Play error free game in softball.
6. _____ Be selected to All Conference Team

Set Appropriate Goals

- **Set Challenging but Realistic Goals**

- **Research indicates that setting challenging goals yields better performances than moderate or easy goals.**

Challenging?

_____ **Make it to practice on time.**

Realistic?

Challenging?

_____ **PR every race I run.**

Realistic?

Challenging?

_____ **Improve my time in 5K by 1 min.**

Realistic?

Challenging?

_____ **During the summer run intervals 2 days per week.**

Realistic?

Challenging?

_____ **Beat Coach Nelson in a 5k/4k race.**

Realistic?

Time goals are process goals.

**Time goals are specific, measurable
and easier to determine if they are
realistic and challenging.**

- **My goal for the 2012 Red Wing Cross Country season is:**
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Is it realistic? Is it challenging?
Is it a process goal? Is it specific?

- **Four things (steps, sub-goals) I can do this summer to help me achieve my goal:**

- **1.** _____
- **2.** _____
- **3.** _____
- **4.** _____

Examples of things to do:

- 1. Running 90% of the time with Coach Nelson's morning run**
- 2. Run intervals (speed work) twice a week**
- 3. Strength training twice a week**
- 4. Run hills (power running) twice a week**
- 5. Improve nutrition**
 - *decrease pop**
 - *eliminate junk food**
 - *drink more water**
- 6. Practice positive mental performance**
- 7. Improve running form**

Set Appropriate Goals

- Set **Positive and Specific** Goals
with **flexibility**