Step by Step plan to set your goals for 2023

Step One:

Assess your racing season and your riding ability. Honestly and objectively answer the following questions about your 2022 season.

- Did your **skills improve** over the course of the season?
- What are your **strongest skills**? (cornering, jumping, steep descents, steep climbs, technical climbs, etc.)
- What skills **need the most improvement**?
- How did the **season go physically**?
- Did you **start strong and get stronger** as the season went on?
- Did you **fade in late July and August**? Why?
- Did you have the **optimum combination** of sprinting speed and endurance?
- Did you pick **3 to 5 big races/rides to peak for**? Were you able to peak for those races?
- How was your **mental game**?
- Were you **confident and riding to your potential** or did you find yourself riding below the level that you know you are capable of? Why?
- What factors helped your **confidence** this season?
- What factors **hurt your confidence** this season?
- Did you have a **comprehensive training program**? (mental, physical, and skill) What part of your program worked? What parts didn't work?
- Did your **riding/racing improve** as the season went on?
- Did you create and write down **concrete goals**?
- Did you **reach your goals**?

Step Two:

Answer the following questions to evaluate your strengths and weaknesses to set the foundation for your 2023 season training program.

The answers below are examples to help you. Please edit and add your own goals. Don't stop at 3!

Riding/Racing Goals:

1. **Career goal:** Racer, Win World Championships. Passionate rider, Ride the Whole Enchilada trail in less than 3 hours.
2. **Three-year goal:** Racer, Consistently be within 10% of winning pro time. Passionate rider, increase skill to the point of being able to confidently ride double black diamond trails in British Columbia.
3. **This season's goal:** Racer, Greatly improve my cornering and obstacle skills so I can be much more efficient. Passionate rider, Greatly improve my cornering and obstacle skills so I can be much more efficient.

Physical Training Goals, to allow me to reach my goals:

1. Increase my **squat** by X%.
2. Improve my **balance** by doing balance exercises for 5 minutes every time I go to the gym.
3. Do more **intervals** and fewer junk miles.

Skills Training Goals, to allow me to reach my goals:

1. Example: Work on my cornering body position to increase traction in flat corners by doing drills 1 and 3.
2. Example: Work on my fundamental body position when seated and when standing, the hinge.
3. Work on my obstacle skills, especially getting up and over obstacles without losing momentum.

Mental training Goals, to allow me to reach my goals:

1. **Practice imagery** 3 times a week for 10 minutes.
2. **Practice all riding skills** deliberately by doing the drills correctly to improve my confidence. Nothing improves your confidence more than competence in the skills needed to ride your best!
3. Improve my ability to **put mistakes behind me** and return to the now while riding/racing

Step Three:

Act on your training program! Ride! Workout! Visualize! **Constantly update** your goals and training program based on improvement or lack of improvement.