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Setting Goals for the Upcoming Season: A Focus on Process

SMART Goals

SMART goals are desired end states that meet 5 criteria. They are *specific, measurable, achievable, relevant* and *time-bound*. When it comes to planning your cycling season, there are two types of SMART goals to consider: **OUTCOME** and **PROCESS**.

Outcome goals are results focused:

1. To complete a 40K TT in 60:00.
2. To finish in the top 5 of my age group at the State Crit Championships.
3. To complete my first century in less than 6 hours.

Process goals are focused on how you achieve the results:

1. Ride 5,000 miles during the calendar year.
2. Attain an FTP of 275 watts by the end of my 12-week power program.
3. Participate in at least 15 group training rides throughout the season.



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Focus on Process Goals

Why?

1. You have more control over the achievement of process goals.
2. Process goals are a roadmap for achieving your outcome goals.
3. Unlike outcome goals, process goals apply to virtually everyone.

Consider the 3 Elements of Athletic Development and Healthy Living

1. Exercise
2. Nutrition
3. Recovery

What are Your SMART Goals for 2017?

Process:

Outcome:

Cycle-Max Coaching

Cycle-Max Coaching is a one-on-one coaching process based on the idea that all cycling performance flows from three primary elements: *training*, *nutrition* and *recovery*. The primary objective of Cycle-Max Coaching is to integrate these elements in a way that allows you to achieve your cycling goals. Specifically, we work together to assess your current fitness level, identify your strengths and weaknesses, set SMART goals, and develop training plans that combine effective nutrition with sufficient rest and recovery. Visit my website at www.holmesfitness.com for more information and to sign up for a free coaching session.