

2015 Manatee Hurricanes Track & Field

D.R. Goal Planning Form

Name: _____

Historical Data:

Lifetime PRs: 3200m _____ 1600m _____ 800m _____ 400m _____

(PR = personal record)

2014 SBs: 3200m _____ 1600m _____ 800m _____ 400m _____

(SB = season best)

Training Goals:

Run _____ miles without walking

Long Run Goal _____ miles

Racing Goals:

Time Goals 3200m _____ 1600m _____ 800m _____ 400m _____

Place Goals (indicate goal place in your two best events – e.g., top 4 at district in 1600m)

County _____

District _____

Region _____

State _____

Other Goals _____

Academic Goals:

GPA _____

Example: Do homework before practice, dedicate more time to studies and less time to television and video games.

Personal Habits, Nutrition, & Training:

Example: Get more sleep, be more flexible, drink more water, eat more fruits and vegetables, etc.

Team Goals:

