SCOTCH PLAINS FANWOOD HIGH SCHOOL
RAIDERS WINTER TRACK & FIELD
MID-DISTANCE AND DISTANCE GOAL SHEET

Name:		**Grade:**	

Distance	Current Indoor PR	Current Outdoor PR	Indoor Goal Time
400			
600			
800			
1000			
1200			
1600			
3200			

<u>These are my individual goals</u>:

<u>These are the goals for my relay teams</u>:

<u>These are my goals for the team as a whole</u>:

<u>I am willing to do the following to achieve the goals I have stated (check all that apply)</u>:

- ☐ train harder than I have been training
- ☐ run on my own when we don't have formal practice, even if it is cold outside
- ☐ live clean – no drugs or alcohol
- ☐ strength train – program tailored to the needs of mid-distance and distance runners
- ☐ sleep well
- ☐ keep myself well-hydrated
- ☐ eat well
- ☐ improve my flexibility
- ☐ do ice baths, whirlpool, icing, heating, etc. as necessary
- ☐ be coachable
- ☐ do everything Mr. Koegel has me do in order to become a better runner