



## Season Review 2009

The season is drawing to a close and as you have completed all your major races for the year, now is a good time to review your progress. During the next few weeks whilst you are taking a break from structured training, take the opportunity to make some notes against the questions below. They are designed purely to stimulate your thinking and to help us both plan for an even more successful year in 2010.

**What aspects of your training and racing in 2009 were you most satisfied with?** (e.g. 'A' race performances, PB's, race completions, overcoming injury, consistent training. Please think about both your training and racing as separate issues)

**What about your training and racing in 2009 would you have liked to have done differently or improved?** (e.g. Inconsistent training, missed key goal, balance between work, family and training, avoided illness and or injury. Again please consider both your training and racing separately)

# ***TRAININGBIBLE*** ***UNITED KINGDOM***

**What have been the biggest contributing factors to your successes in 2009?** (E.g. lost weight, structured training, more focus, more motivated, hired a coach ☺ etc.)

**What has hindered your progress in 2009?** (E.g. work or other focus taking president? Injury or illness, nutrition, motivation issues, not reading race instructions etc.)

**What are your Key goals for 2010?** (Please be specific about the focus of your training and your races or what you would like to achieve e.g. improve swim technique, go under 2.30 for an Olympic distance race, Complete IM Brazil within cut off time, top 5 in age group race at Olympic distance, complete first 70.3, Podium at Kona ☺)



**What do you need to do more of, less of, differently to ensure success in your key goals in 2010?**

More of....

Less of...

Differently...

**What could I as your coach do differently to help you achieve your 2010 goals?**