Year At a Glance

Declare your current priorities over next year as a racer & athlete:

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Declare your current perceived weaknesses as an athlete:

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List all race/event <u>dates</u> you are 100% committed to attending next year:

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List all the races/event dates you'd LIKE to attend next year (secondary importance):

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List all the dates you are unavailable next year (commitments, vacations, plans, etc)

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**Your coach will help you take this information and help you create your annual schedule to determine when each training block should begin and end*