

**Train Your Brain**

**Goal Setting For A New Season**

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It’s time for new beginnings, and many of us are looking to what the future holds. A good goal can spur action that takes you in the direction you want to go. So how do you decide on your goals for the future? Should it be a “smart goal” ([New Year’s Resolutions](https://www.fitforlifephysicaltherapy.com/new-page-26)) or something else? Here are some things to consider:

1. Outcomes vs process. An outcome goal would be walking or running a race in x time or x distance. A process goal would be to run/walk 4 times per week or complete 90% of scheduled strength training. You have much more control over process than outcome, but the visualization of the outcome can be very motivating.
2. Objective or subjective. The above examples in 1 are objective and measurable goals. A subjective goal might be “show up at the start line feeling prepared,” to “make it fun again” or to “get out in the winter weather more.” There are times when your desired outcome can’t be measurable.
3. Run/walk result vs community building. Some people will be motivated on Saturday mornings by the idea of helping another person obtain their goals (like our wonderful coaches). An idea of a goal might be to talk to a different person in your pace group every week. If this gets you to lace up and show up, it’s moving you in the right direction!
4. A, B and C goals. If you are looking at a single race outcome, having stretch, realistic, and fall-back goals can keep you moving without “giving up” if any single goal becomes less realistic. Personally, my C goal is always to finish without injury.
5. Multiple goals or goal races per season. You can do a lot of things, but you cannot do everything at once. Training for speed, distance, and terrain simultaneously is a recipe for disaster. Some goals work together better than others (for example, a pace PR and to train 5 times/week).

Bouncing ideas off another person can be a great way to brainstorm. Your coaches, pace mates, and other MIT leaders are a great place to start. Best wishes for a great new season!