

Competition Goals

As you devise goals for your upcoming race, it is important to distinguish between *outcome* goals, *performance* goals, and *process* goals.

- **Outcome goals** have to do with placement in a race (e.g. taking first overall, finishing top three, etc.).
- **Performance goals** have to do with achieving a certain time (e.g. breaking 10 hours in the Ironman).
- **Process goals** have to do with *how* you compete (e.g. keep my cadence high during the last half of the run).

We have the most control over process goals and the least control over outcome goals. While outcome goals provide long-term motivation, performance and process goals help us focus on what we need to do in the moment of the race.

Race / date: _____

Outcome goal: _____

	Performance Goals	Process Goals
Swim		
T1		
Bike		
T2		
Run		