

## **Goal Setting – Your Key to Triathlon Success Workshop**

*You got to have a dream, If you don't have a dream, How you gonna have a dream come true?* (Happy Talk, South Pacific, Rogers & Hammerstein)

Goal setting is an essential drive of your training and an important factor in motivation. Now it is the time to shape your goals for the next season and beyond and make the plans to achieve them.

We are delivering a workshop for self-coached triathletes. We will help you clarify your racing and training goals for your next triathlon season. With a maximum of 10 participants you will have individual attention while you clarify what you want to achieve in your next season. Based on your individual objectives we will assist you in developing a framework for your 2012 training plan. Your racing goals will be supported by appropriate training objectives that will motivate you to achieve your aims. Your training will be phased to assure you are in peak form for your most important races.

Join us in South Kilburn Studios if you want your dream come true.

**Date: Saturday 4<sup>th</sup> December 3-6pm**

**Where: South Kilburn Studios, 2A Canterbury Road, Kilburn, London NW6 5SW** <http://southkilburnstudios.org/find-us/>

**What to bring: Pen, paper and a rough idea of what you would like to achieve during your next triathlon season**

**Price: £30**

**To book, please email [info@tri50.co.uk](mailto:info@tri50.co.uk)**