Goals

S
- Specific - Goals should not be vague like 'to improve' or 'to finish a race'. You need something defined and specific to work towards, such as 'to run 5k in under xx minutes'

M
- Measurable - How will you know if you have achieved your goal? Again, this needs to be clear. Setting specific goals will help you measure whether you are successful i.e. did you run 5k in under xx minutes?

A
- Achievable - It is vital that your goal is achievable within your timescale otherwise you are setting yourself up to fail. Some goals take many years to reach so you may need to set short, medium and long-term goals.

R
- Realistic - It's important that you are realistic with yourself about how much you can commit to achieving your goal. A goal of running a 40 minute 10K may be achievable within your timescale if you can train for 20hours per week for example. However, if you can only train for say 6 hours per week, your goal is unlikely to be achieved and therefore unrealistic.

T
- Timescale - This gives the goal an end point and definition. Without a timescale, goals become weak and non-specific. The timescale you set yourself should should allow the goal to be achievable.

Goal	Timescale	Notes

Review Date