KAG SMART Goal Worksheet

SPECIFIC: What exactly will you accomplish?

Complete 13.1 miles under 3 hours; Finisher medal and Pics

MEASUREABLE: How will you know when you have reached this goal?

I will know I have reached my goal when I cross the finish line and receive my chipped timed finisher medal

ACHIEVABLE: Is achieving this goal realistic with effort and commitment? Have you got the resources to achieve this goal? If not, how will you get them?

This goal is very realistic and will help me improve my running as well as my health. My personal resistance trainer, running partners, running club & online running content are the resources I will utilize to achieve my goal.

REALISTIC: Do you see things as they really are and ready to deal with them in a practical way?

This goal will definitely push me out of my comfort zone but is doable if I stay structured and disciplined

TIME-BOUND: When will you achieve this goal?

Sunday February 25, 2024

Obstacles that may arise	***How I will respond***
bad weather	utilize gym treadmill
hot weather	train (am) / treadmill work / road cycle as alternative cardio

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Helpful Tools	***Helpful Resources***
Map My Run app Garmin Watch	Devon (personal trainer), Ernesto & Jon(running partners), Ely (health accountability partner)
Map My Ride, Rundot.com	active.com website, Ultrarunning magazine & YouTube running channels

Steps to Achieve Goal	Time Estimate	Completion Date
Resistance training	1 hour	Dec 13th
Cardio (easy run)	1 hour	Dec 14th
Resistance training	1 hour	Dec 15th
Cardio (temp run)	1 hour	Dec 16th
Cardio (long run)	1.5 hours	Dec 17th
Resistance training	1 hour	Dec 18th
Cardio (easy run)	1 hour	Dec 19th
Resistance training	1 hour	Dec 20th

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