

No need to fill this in before the session.

But you might want to fill in during or after the session:

Let's get started with the good stuff

Importance of building ability to see positives to build future success via:

- Better problem solving
- Building growth mindset
- Better follow through
- Activating dopamine pathways

What were your training and/or racing goals for the year?

What went well this year in terms of training?

What went well this year in terms of how you look after your body to support training? (e.g. nutrition, recovery, S&C, mindset work)

The good stuff (cont)



What went well this year in terms of racing?

What went well this year in terms of planning for race day?
(e.g. race day plan for nutrition, hydration, pacing, mindset, kit)

What did you do to make these successes happen?

What was your proudest moment?

Training - Is there anything you would have liked to have improved on or changed in terms of

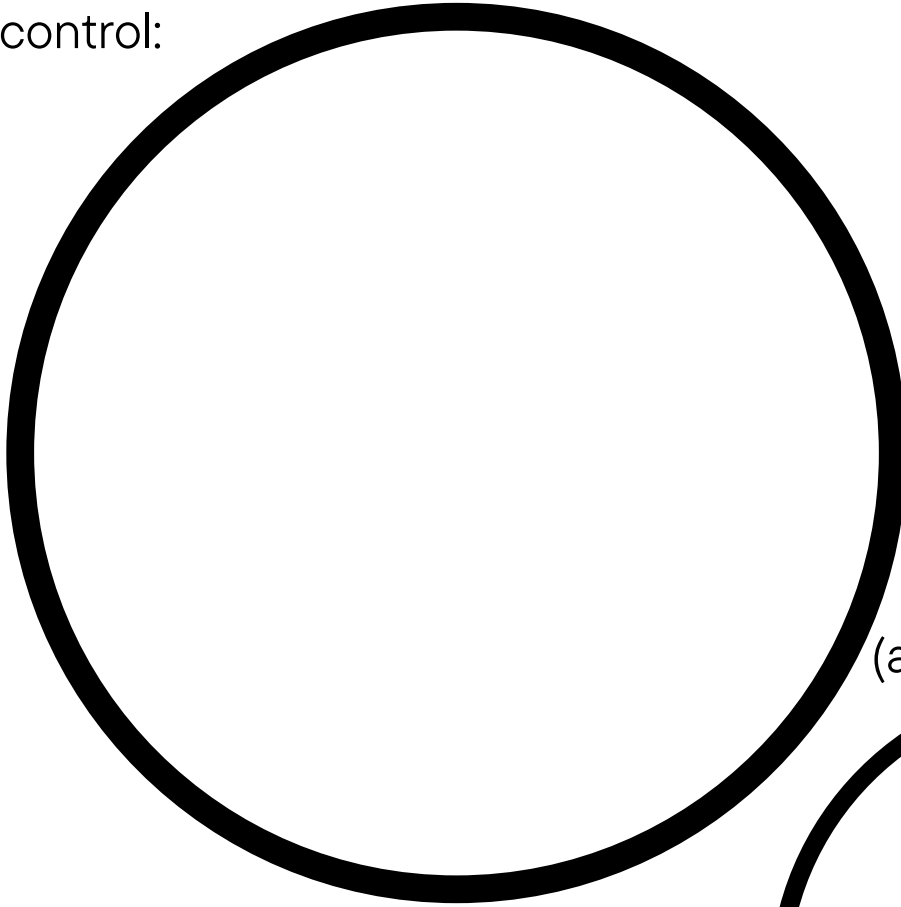
- training
- how you look after your body and mind to support training?

Racing - Is there anything you would have liked to have improved on or changed in terms of

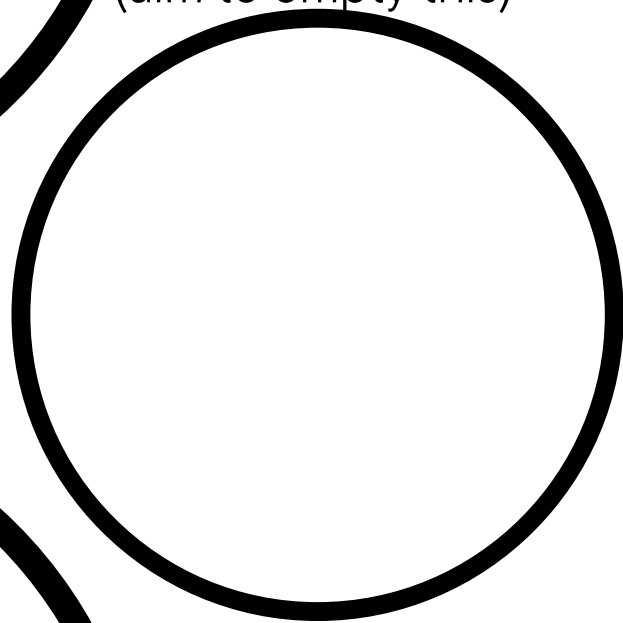
- racing
- **planning for race day** e.g. race day plan for nutrition, hydration, pacing, mindset, kit etc?

What was in and out of your control?

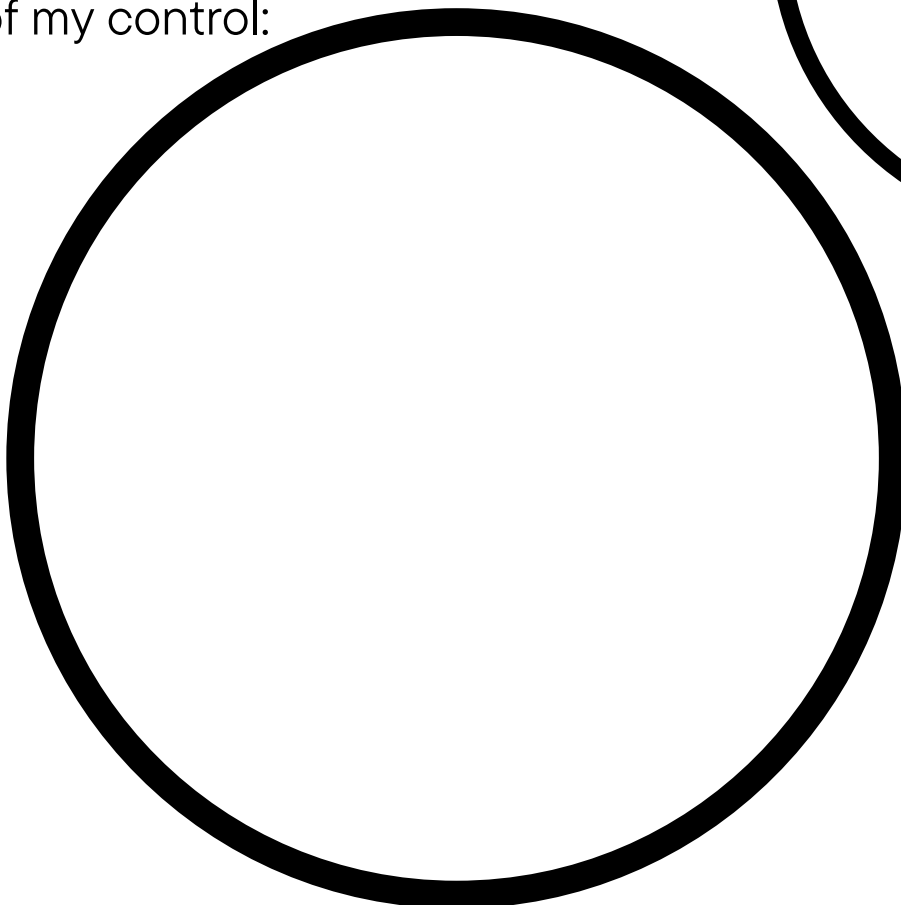
In my control:



Parking space
(aim to empty this)



Out of my control:



What was your biggest challenge?

What good came of it and what did you learn from it?

What have you learnt today (about yourself or training) that you didn't know /see before

What message would you like to have given yourself at the start of this season/ when things got tough?

How will you remind yourself of that next year?

Based on everything you've considered so far, what are your top learnings from this season?

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Notes:

What are your (draft) goals for 2026?

What are the top 3-5 inputs you want to focus on to achieve those goals? [Consider skills, habits, lifestyle, mindset, race planning, external support...]

Parking space:

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Are your goals & inputs realistic/ challenging enough?

What are your next steps? e.g.

- milestones
- what you still need to find out
- anything else

How will you remind yourself of steps/ hold yourself to account?

What are you most excited about in terms of your goals or inputs for next season?

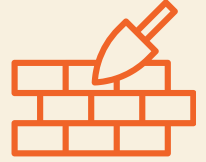
What do you think you'll find most challenging in terms of goals or inputs for next season? And how will you address this?

Off season top tips

1 Rest and recharge



2 Build **base** fitness and **consistency**



3 Build **enabling environment** and **habits**

Notes:

4 Work on **skills** and weaknesses



Notes:

5 Built it into a **training plan**

Taking into account everything you've considered tonight:
What's your priority(s) for the off season?

Are they realistic?

Are they building towards the inputs you identified for 2026?

What are your milestones and target dates?

