



Individual Season Review Worksheet

Name: \_\_\_\_\_

Review Your Goals & Top Events For Last Year:

(list your goals/target races and discuss whether you reached them or not and factors that contributed or hindered each)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What Was Your...

Highest CTL Last Year/Date: \_\_\_\_\_

CTL On Best Race Day: \_\_\_\_\_

Annual Training Hours: \_\_\_\_\_

Average Weekly Hours: \_\_\_\_\_

List The Most Effective Things You Did This Year To Help Your Cycling:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

List the Experiences, Race Skills & Abilities You Developed This Year:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What Workouts and Training Did You Find Most Effective:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What Are You Going To Do Next Year To Improve?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_