

# ROAD TO GOLD TRAINING PLANNER

**A GUIDE TO MAP OUT YOUR...**  
YEAR - SEASON - MONTH - WEEK - DAY

"By failing to prepare you are preparing to fail."  
– Benjamin Franklin

# HOW TO USE THIS PLANNER:

With this training plan, we take a top-down approach to your sailing.

We start with the big stuff and break it down into manageable pieces.

Each step is designed to take your seemingly impossible, overwhelming dream, and turn it into a very doable action plan for success.

It's important to go through the process with your crew, to make sure you're on the same page every step of the way. Agree on common goals and commit as a team to getting them done.

You might not be able to fit all your answers in the boxes provided, but that's what the back of the page is for! For some sections, it will be useful to print multiple copies.

Anyway, enough talk – let's get into it, shall we?

# YEAR PLAN

Where do you want to be in a year?

Now is the time to think BIG.

At this point, you're not worrying about the practicalities of your goal. You're not writing a mundane to-do list. That can come later!

DATE: \_\_\_\_\_

## ULTIMATE GOAL

Be bold, even excessive! Put something that lights up your imagination, e.g. winning Gold at the Olympics 🏆

## WHAT'S YOUR WHY?

What do you care about? What motivates you? Are you driven intrinsically or extrinsically?

It's worth really considering this now, because there will be times when you want to give up. You'll need to dig deep, and it will be these reasons that enable you to keep going...

"Never underestimate the power of dreams and the influence of the human spirit.  
We are all the same in this notion: The potential for greatness lives within each of us."

– Wilma Rudolph

# SEASON PLAN

Now you've established where you're going, you can begin to figure out the concrete steps that will get you there.

DATE: From \_\_\_\_\_ to \_\_\_\_\_

## MEASURABLE MILESTONES

(including upcoming competitions)

☐☐☐☐☐☐☐☐☐☐☐☐

## SEASON FOCUS

What will bring you the biggest results this season?

How will each month build upon the last?

## SEASON GOALS

Make sure each of these support your Ultimate Goal

1

2

3

What kind of help do I need to achieve these goals?

Agreed by team? All sign:

What logistics need to be handled?

### **TIP: Not sure what to prioritise?**

Use the Priority List and Prompt Sheet included in this Training Kit to work out the gaps in your campaign – where the biggest gains are to be made.

*"The goal is not to sail the boat,  
but rather to help the boat sail herself."  
– John Rousmaniere*

# MONTH PLAN

Block your training to give yourself direction and make the most of each month.

DATE: \_\_\_\_\_ MONTH'S FOCUS: \_\_\_\_\_

*The key is not the will to win. Everybody has that.  
It is the will to prepare to win that is important.*

– Bob Knight

Take stock of your situation, measure your progress and direction...

## #1 - MONTHLY REVIEW

What goals did I meet last month? What progress was made?

What obstacles impeded my progress?

What are my biggest constraints right now?

How can I deal with these constraints?

What is coming up that I need to be prepared for?

## MONTH GOALS

Does each support your Season Goals?

1

2

3

4

5

What kind of help do I need to achieve these goals?

Agreed by team? All sign:

## #2 - MONTHLY OBJECTIVES

What are the 'controllables'? The factors that you can actually influence. What will make the biggest impact? What things might otherwise go under the radar? Think in terms of both **on-the-water** and **off-the-water** actions.

**OBJECTIVE:** \_\_\_\_\_ ☐ COMPLETE

CHALLENGES	SOLUTIONS

**OBJECTIVE:** \_\_\_\_\_ ☐ COMPLETE

CHALLENGES	SOLUTIONS

**OBJECTIVE:** \_\_\_\_\_ ☐ COMPLETE

CHALLENGES	SOLUTIONS

**OBJECTIVE:** \_\_\_\_\_ ☐ COMPLETE

CHALLENGES	SOLUTIONS

*"The secret of getting ahead is getting started.  
The secret of getting started is breaking your complex overwhelming tasks  
into small manageable tasks, and starting on the first one."*

**– Mark Twain**

**Got more than four  
monthly objectives?**  
Print as many copies of  
this page as you need.

# WEEK PLAN

DATE: \_\_\_\_\_

Choose the same day every week to answer these questions...

## WEEKLY REVIEW

How do I feel about last week overall?

Which actions brought me closer to my goals?

What slowed me down? What got in the way?

What can I do better this week?

Empty your head - whatever else is on your mind, get it down here:

Now we start looking at the everyday stuff. The steps you'll take on a daily basis to reach your objectives.

## WEEKLY ACTION PLAN:

## ACTION ITEMS

Do each of these support the Weekly Plan?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Agreed by team? All sign:

# WEEKLY PLANNER

You can use the **Areas of Focus** below as inspiration for planning your week.

S	M	T	W	T	F	S

## AREAS OF FOCUS

- ◆ Skills
- ◆ Tactics
- ◆ Technical
- ◆ Nutrition
- ◆ Equipment/Maintenance
- ◆ Environment
- ◆ Psychology/Mental Training
- ◆ Rest & Recuperation
- ◆ Physical\*

### \*TYPES OF EXERCISE:

- ◆ Aerobic
- ◆ Anaerobic
- ◆ Speed
- ◆ Strength
- ◆ Power
- ◆ Flexibility
- ◆ Energy/Endurance

**TIP: On days where you can't physically train/get on the water, you can still make progress.** Model yourself on the best by checking out Youtube videos of them in action. Combine with visualisation/mental rehearsal to reinforce your manoeuvres and decision-making skills. Want to make the most of your mental training? Check out our [Sail Mental eBook](#).

*Training is bad for you. It is only after recovery you can reap the benefits.*  
– Iñigo Mujika



# DAILY PLANNER

Use this planner both before and after your training sessions.

DATE: \_\_\_\_\_

*"You get what you focus on.  
You don't have to work harder.  
It's not through doing more hours,  
it is by being more focused within those hours."*  
– Ben Hunt-Davis

## PRE-TRAINING

**TOP-LEVEL AIMS** What do I want to achieve today?

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### OBJECTIVES

To achieve this, I will perform the following activities...


**DELIBERATE PRACTICE** To improve my sailing today...

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## POST-TRAINING

### DAILY LOG

HOW DO YOU FEEL?

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**TRAINING TIME**

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**SLEEP TIME**

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**GENERAL OBSERVATIONS**

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# DEBRIEF

These questions relate to the Training Block leading up to a Regatta and the Regatta itself

## #1 What worked?

## #2 What didn't work?

## #3 What was unexpected?

## #4 Did you notice anything your opponents (or training partners) were doing better?

## #5 What did you learn?

*"In the midst of an ordinary training day,  
I try to remind myself that I am  
preparing for the extraordinary."  
- Shalane Flanagan*

## #6 What did your coach do well?

## #7 What could your coach have done better?

# NOTES

**DATE:** \_\_\_\_\_

## TO-DO:

[illegible]