

# High Performance People – High Performance Goals



By Wayne Goldsmith .. modified by Russell Parsons to a simple running scenario

## GOAL BASED THINKING – the champion’s way!

High Performance is not about age  
.. it’s about **attitude**

Great runners think differently.

Where most of us see obstacles – they see challenges to overcome.

Where you and I see difficulty, they see a chance to learn and grow through experience. Where the average runner thinks “I can’t do this”, the champion thinks “they think the more things I try to do, the more I will learn”.

They think **CAN DO** – when the rest of the world thinks **CAN’T DO**.

Most runners look at the challenges of running in terms of how much work it will involve, or, how hard the task seems to be – **WORK BASED THINKING**.

Champion runners look at challenges and tasks, and, focus on doing the little things right - **GOAL BASED THINKING**.

For example: The **CHALLENGE:** Warm Up

### WORK BASED THINKING:

**Runner A** – I am going to jog a lap and do a few stretches and drills.

### GOAL BASED THINKING:

**Runner B** – I am going to spend 15 minutes (minimum) on my warm-up. My goal is to jog – stretch – drill – and do some accelerations up to the pace I will maintain or seek in the session ahead. When I finish the warm up, I will take my heart rate, and a sip from my drink bottle.

Many say:  
*“It may be possible, but it’s too difficult”*  
Champions say:  
*“It may be difficult, but it’s possible”*

Goal Based Thinking has nothing to do with running speed or level of ability – it is about **attitude**. It’s about looking at every thing you do as an opportunity to challenge yourself and grow and improve as an athlete, as a runner (and a person).

Think about the most successful runner or person you know. Write down a list of the things they do that you believe make them successful. It will look something like this:

Hard work	Persistence
Commitment	Humility
Dedication	Enjoy what they do
Work on technique every day	Consistent
Look after themselves, e.g. eat well, get plenty of sleep	Disciplined
Perseverance	Happy to help team mates
Integrity	Always looking to learn and improve
Honesty	Loves challenges and challenging themselves

Have a look at your own list. I bet there are few, (if any) words that describe size, strength or physical ability.

**That’s the great news** – running fast is within *your* control. Your **attitude** – not the colour or style of your running gear, or how much blood your heart can pump determines how successful you can be!

It all comes down to **GOAL BASED THINKING** – high performance goals for high performance people. **Work** based thinking means you are looking for the **MINIMUM standard** – always doing the what the coach has asked: no more – no less.

Only **YOU** have control over **your attitude** and **your performance**

**GOAL** based thinking asks – “how can I **MAXIMISE** this opportunity to become a better runner?”  
– how can I make training **more challenging** and **more demanding** so that I can achieve my goals faster?

**When was the last time you asked your coach .. what more I can do?**

How does this work in practice everyday?

***Well ... if it was easy, everyone would be doing it!***

<b>Task</b>	<b>Work Based Thinking</b>	<b>Goal Based Thinking</b>
<b>Stretching</b>	10 minutes of stretching before training.	If I get to training ten minutes early, I can do some extra stretching and work on improving flexibility in my ankles, hips and shoulders.
<b>Strength training in the gym</b>	Workout circuit: "Here we go again" 3 sets of 15 push ups 3 sets of 10 dips 3 sets of 20 jumps 3 sets of 6 chins 3 sets of 50 sit ups	I can use my gym work to help my running performance if I visualize running situations when I am lifting weights and working out. When I am doing arms and shoulder work in the gym I will concentrate on breathing and relaxation to help me improve my ability to stay strong in the final 150m of my races
<b>Sleeping</b>	What is the least amount of sleep I can have and still function?	If I go to bed an hour earlier each night, I can get an extra night's sleep each week.
<b>Packing my athletics bag</b>	I may need spikes, perhaps a towel, and I'd better take a drink bottle.	I will pack two of everything I need so I can deal with any problems with gear or equipment. I will also pack a water bottle (maybe two) and some recovery snacks to make sure I start the recovery process immediately after training.
<b>Warm Up</b>	Jog a lap and maybe some drills	I will jog – drill – stretch (2-3) – and do a few accelerations to bring me up to session pace. I will do what is right for me, not just what everyone else does.
<b>Speed Session</b>	2 x 4 x 150; w/b; 8 mins. between sets	2 x 4 x 150; w/b; 8 mins. between sets; I will keep a record of all times, and work hard in all phases of each run.
<b>Endurance Runs</b>	6 Km. LSD. Take it easy.	I will work on my breathing and my pre-race routine to improve my ability to relax before races. I will include a few surges to practice re-establishing my steady state running.
<b>Warm Down</b>	Jog for 5 mins. Let's get out of here.	Jog, stretch, walk for at least 15 minutes .. I will not rush things. I will re-hydrate thoroughly and ensure I have a recovery snack within 20 mins. of finishing.

**Some examples of GOAL based thinking**

In each of these examples note that the **GOAL BASED THINKING** began with the word "I". This is because **you** and only **you** can set high performance goals in training and preparation and turn every day situations into opportunities to grow and improve.

Goal based thinking is about the **HOW** – not about the **WHAT**. The coach sets the **WHAT** – but **YOU** take it and make it amazing by **HOW YOU** do it.

**High performance goals need high performance thinking and high performance attitudes to turn them into high performance running!!**

Set high performance goals in training every session – and high performance races are on the way.  
**Wayne Goldsmith**