



2025 Trail & Ultra Running Goal Setting Blueprint

Name: _____

Current Weekly Volume: _____ miles/hours (circle one)

Longest Race Completed: _____

Race Goals (Outcome Goals)

Primary A-Race: _____

Date: ____/____/2025

Target Time: ____:____

Secondary Races:

1. _____ Date: ____/____/2025

2. _____ Date: ____/____/2025

3. _____ Date: ____/____/2025

Process Goals

Daily Training Habits:

☐ Morning Routine: _____

☐ Pre-Run: _____

☐ Post-Run Recovery: _____

Nutrition Goals:

- ☐ Daily Hydration Target: _____ L/oz
- ☐ Carbs/Protein/Fat Ratio: ____/____/____
- ☐ Race-Day Nutrition Plan: _____ calories/hour _____ carbs/hour

Recovery Protocol:

- ☐ Sleep Hours: _____ per night
- ☐ Weekly Recovery Sessions: _____
- ☐ Active Recovery Activities: _____
- ☐ Stress Management Techniques: _____

Performance Targets

- ☐ Weekly Goal: _____ miles OR _____ hours
- ☐ Vertical Gain per Week: _____ ft/m
- ☐ Long Run Duration: _____ hours
- ☐ Strength Training Sessions: _____ per week

Technical Skills Practice

Priority Skills to Develop:

- ☐ Uphill Technique: _____
- ☐ Downhill Technique: _____
- ☐ Technical Terrain: _____
- ☐ Pole Usage: _____
- ☐ Stair Training: _____
- ☐ Night Running: _____



Practice Schedule:

Skill 1: _____ Frequency: _____

Skill 2: _____ Frequency: _____

Skill 3: _____ Frequency: _____

Mindset Goals

Daily Mental Training:

☐ Visualization Practice: _____ mins

☐ Meditation/Breathwork: _____ mins

Race-Day Mental Strategies:

1. Low Point Protocol: _____

2. Positive Self-Talk: _____

3. Focus Cues: _____

Progress Tracking

Monthly Check-ins:

Am I meeting my targets? Y/N

What needs to be adjusted? _____

90-Day Milestone: _____

6-Month Milestone: _____

End of Year Goal: _____



Support System

Coach/Mentor: _____

Training Partners: _____

Physiotherapist: _____

Massage Therapist: _____

Nutritionist: _____

*I hope this has been helpful to get you started on your 2025 planning. Feel free to share with your running friends. Please let me know what other resources you would like to have to support your running! *