

# FALL GOALS for \_\_\_\_\_

My goal for fall training is...

- 1.
- 2.
- 3.

My goal for the Nordic ski season is...

- 1.
- 2.
- 3.

My plan for this is...

- 1.
- 2.
- 3.

I want to do this because...

- 1.
- 2.
- 3.

Starting metrics:

1. 5" ski erg test \_\_\_\_\_
2. Aerobic Threshold \_\_\_\_\_
3. Lactate threshold \_\_\_\_\_